

## The Five Point Scale

These are unprecedented times, with constant changes for us all. Some children find it challenging to accept these frequent changes, preferring a consistent structure and routine that school offers.

One response that some children can take is to become dysregulated and behaviour in a way that is not understandable to adults.

Emotional regulation is a term used to describe a person's ability to effectively manage and respond to an emotional experience. With this in mind, some children can communicate how they are feeling through their behaviour.

The 5-point scale is a visual system that can help to organise a person's thinking when working through difficult moments, particularly those that require social understanding. Creating a visual system for working through challenging situations can be considered most effective as it allows learning through concrete, predictable systems. The first step in using the scale to support emotional regulation is to identify areas of challenge. For example, difficulties involving changes in routine, playing with peers, or following rules in school.

The next step is to break the problem area into 5 parts clearly illustrating the degrees of the situation and putting this information onto a visual scale. A common issue when discussing emotional regulation is that of stress and anxiety. This is a good place to start, creating a scale that breaks down stress into the following 5 parts:

5 = This could make me lose control.

4 = This can really upset me.

3 = This can make me nervous.

2 = This sometimes bothers me.

1 = This never bothers me.

5	I AM GOING TO EXPLODE!!!
4	I AM GETTING ANGRY
3	I AM A LITTLE NERVOUS
2	FEELING OK
1	CALM AND RELAXED