

Tips on Using the Incredible 5 Point Scale

What is it?

Often times, people with ASD have difficulty understanding nuanced social situations and/or struggle with expressing emotions. Using visual representations and numbers to categorize behaviors can facilitate pro-social behavior. The Incredible 5 point scale is a tool that breaks down a larger, more ambiguous behavior (e.g. using appropriate voice volume) and describes in concrete terms what is expected.

Who is it for?

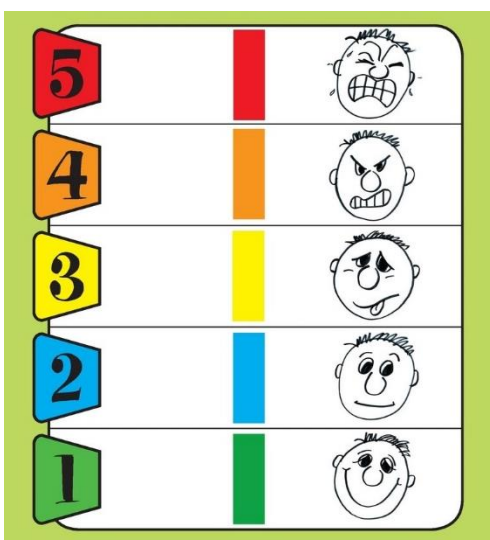
The Incredible 5 Point Scale has been successful with individuals who have verbal skills, social readiness skills, and identify numbers and colors

How do I make it?

- Decide on what behavior you would like to increase or decrease
- Rate that behavior on a 1-5 scale. It does not matter if 1 is low or high, just as long as it makes sense to you and to your focus person
- Ideally, the focus person should help fill in the scale, but sometimes that is not always possible

How do I teach it?

- Consider the use of a story to go along with the scale.
- Practice identifying the number that corresponds with a situation during calm, relaxed times of the day. Do not practice during a behavioral episode.
- Talk about the numbers and what they represent frequently.
- Have multiple copies of the scale.
- Personalize the scale and build in motivation by using images from a favorite movie or interest.
- Stick with it! Learning how to describe emotions as they are happening or learning how to act in socially appropriate ways is difficult and takes time!



Happy Playing doing things I like to do	Happy / a little worried Playing but may not be what I want	Worried *Pacing *Sucking Thumb *asking lots of questions	Anxious *Crying *Thumb in mouth * Rocking *arms crossed tightly	Very Anxious *Screaming *Crying *Pulling at my Clothes *slapping my face *Vomit
1	2	3	4	5

