



Five Point Scale Example
For Behavior

Feelings Chart		
	How I feel	What I can do
5	 I need some help!	<input type="checkbox"/> Ask to go visit Mrs. Holland <input type="checkbox"/> Ask to take a break/use theraputty <input type="checkbox"/> Hold on to Luke Skywalker [if he is here] <input type="checkbox"/> Take 4 or 5 deep breaths
4	 I'm really upset.	<input type="checkbox"/> Ask to go visit Mrs. Holland <input type="checkbox"/> Ask to take a break/use theraputty <input type="checkbox"/> Hold on to Luke Skywalker [if he is here] <input type="checkbox"/> Take 4 or 5 deep breaths
3	 I've got a problem.	<input type="checkbox"/> Let a teacher know that you have a problem and need some help <input type="checkbox"/> Play with your squishy thing <input type="checkbox"/> Hold on to Luke Skywalker [if he is here] <input type="checkbox"/> Take 4 or 5 deep breaths
2	 Things are pretty good.	<input type="checkbox"/> Play with my squishy thing <input type="checkbox"/> Think of my favorite things <input type="checkbox"/> Say "I'm going to be O.K." to yourself <input type="checkbox"/> Take 3 or 4 deep breaths
1	 Feeling Great!	<input type="checkbox"/> Enjoy the feeling! <input type="checkbox"/> Have fun



My 5 point scale

Feels like:

MAD

FRUSTRATED

JUST
RIGHT

QUIET

SLEEPY

5

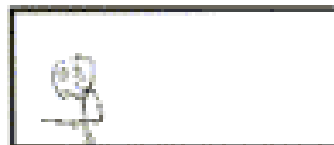
4

3

2

1

What it looks like:



Keywords: Autism, Behaviour, 5 point scale