

Today's Date _____

The Incredible 5-Point Scale
 Lori Owen Davis & Mimi Curtis (2003)
 Think Social! A Social Thinking Curriculum for School Age Students
 Michelle Garcia Winner (2005)
 Visual Adapted By: Jay Agnew 11/08

I Feel:

Level	How you feel like this	How you feel like this
5	Out of Control	
4	Really Mad	
3	Nervous	
2	Uncomfortable	
1	Happy	

I Feel this way

Because: _____

The SIZE of my problem:

The size of my problem should be related to the size of my emotions about the problem.

Problem:	Emotional Reaction:
• Bullying, Cheating (big)	5 → Very Upset, Crying
• Rumors, Teasing Being falsely accused	4 → Mad, Frustrated, Crying
• Having to work with someone you don't like, Writing	3 → Nervous, Irritated
• Cutting in line (line)	2 → Uncomfortable
• No real problem, Checking over work	1 → Calm, Happy