

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
<b>5</b>	Out of Control	
<b>4</b>	Really Mad	
<b>3</b>	Nervous	
<b>2</b>	Uncomfortable	
<b>1</b>	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)	<b>5</b> → Very Upset, Crying
• Rumors, Teasing Being falsely accused	<b>4</b> → Mad, Frustrated, Crying
• Having to work with someone you don't like, Writing	<b>3</b> → Nervous, Irritated
• Cutting in line (line)	<b>2</b> → Uncomfortable
• No real problem, Checking over work	<b>1</b> → Calm, Happy