

## 5 Point Rating Scale

**Skill Area(s):**  
 Stress/Behavior  
 Feelings/Emotions  
 Conversation Skills  
 Perspective Taking

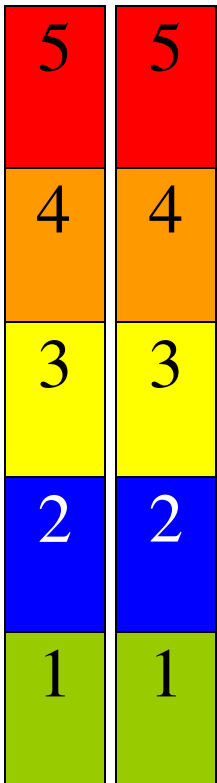
**Level:** beginner, intermediate, advanced

**Goal:** Students will be able to rate stress on a 1-5 point rating scale using pictures and/or words

**Materials needed:** Rating scale 1-5 for each student from **The Incredible 5-Point Scale/Buron and Curtis**, paper, pencils, pictures of people, magazines, and digital camera to take pictures

**Activity:** This scale can be used in a variety of ways.






- ✧ As an introduction, students can cut out pictures from a magazine to put on their rating scale.
- ✧ This could be used later in identifying and rating stress where the students come up with feeling words and finally the students can fill in techniques that worked for them under “I can try.”
- ✧ This can be laminated and put in the student’s desk or a folder that they used to remind them of strategies that worked well.
- ✧ The meter can be used for much more than stress, feelings, participation, voice etc.
- ✧ A large stress meter placed somewhere in the classroom can be used for a variety of lessons and is a good reminder for students.



Name: \_\_\_\_\_ My \_\_\_\_\_ Scale

Rating	Looks Like	Feels Like	I can try
5			
4			
3			
2			
1			

Name: \_\_\_\_\_ My \_\_\_\_\_ Scale





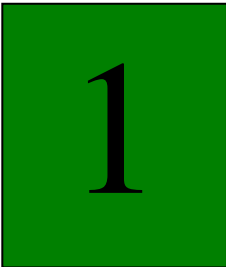
Rating	Looks Like	Feels Like	I can try
5		<ul style="list-style-type: none"> <li>- Very angry</li> <li>- Lots of energy</li> <li>- Acting out physically and or verbally</li> </ul>	
4		<ul style="list-style-type: none"> <li>- Angry</li> <li>- Difficult time listening to others</li> <li>- Refuse to participate</li> </ul>	
3		<ul style="list-style-type: none"> <li>- Mad</li> <li>- May not participate but will stay in seat</li> <li>- Irritated</li> <li>- Anxious</li> </ul>	
2		<ul style="list-style-type: none"> <li>- Calm</li> <li>- May participate</li> <li>- May be anxious or worried</li> <li>- May be depressed</li> </ul>	
1		<ul style="list-style-type: none"> <li>- Happy</li> <li>- Working</li> <li>- Getting along with others</li> <li>- Following directions</li> </ul>	




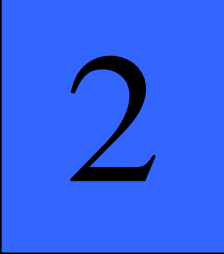
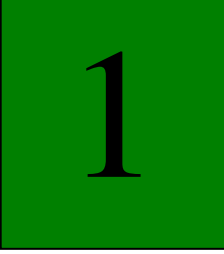
OK	Not OK	<b>Topic:</b>	
		<hr/> 	<input data-bbox="956 384 1425 457" type="text"/>
			<input data-bbox="956 693 1425 766" type="text"/>
			<input data-bbox="956 999 1425 1073" type="text"/>
			<input data-bbox="956 1304 1425 1377" type="text"/>
			<input data-bbox="956 1610 1425 1684" type="text"/>

Name: \_\_\_\_\_ My \_\_\_\_\_ Scale

Rating	Looks Like	Feels Like	I can try
5			
4			
3			
2			
1			

**Topic: Greeting People at School**

<b>OK</b>	<b>Not OK</b>		
A best friend who has returned to school after an illness or personal loss	<ul style="list-style-type: none"> <li>*Strangers</li> <li>*Visitors</li> <li>*Students</li> <li>*School staff</li> </ul>		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"><b>Say hello with an embrace. Have a deeper conversation.</b></div>
<ul style="list-style-type: none"> <li>* Your best friends</li> <li>*A surprise visit by your parent</li> </ul>	<ul style="list-style-type: none"> <li>* Strangers</li> <li>*Visitors</li> <li>*Students</li> <li>*Teachers</li> <li>*If you don't have time to stay</li> </ul>		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"><b>Say hello, with a light touch to the upper arm or short hug. Have a medium conversation.</b></div>
<ul style="list-style-type: none"> <li>* Students who are your friends</li> <li>* Safe school people</li> </ul>	<ul style="list-style-type: none"> <li>* Strangers</li> <li>*Visitors</li> <li>*If you are late or have an assignment to complete.</li> <li>*Students who are not your friends.</li> </ul>		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"><b>Say hello with a handshake or a high five. Have a medium conversation.</b></div>
<ul style="list-style-type: none"> <li>*Classmates</li> <li>*Your own teacher</li> </ul>	<ul style="list-style-type: none"> <li>* Strangers</li> <li>*Visitors who don't approach you.</li> <li>*If you are late or have an assignment to complete.</li> </ul>		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"><b>Stop to say hello. Have a short conversation.</b></div>
<ul style="list-style-type: none"> <li>*Classmates</li> <li>*School Staff</li> <li>*Visitors</li> </ul>	*People engaged in what appears to be a serious conversation		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"><b>Say "hello!" as you walk by.</b></div>

<b>OK</b>	<b>Not OK</b>	<b>Topic: <u>Voice Volume</u></b>	
<ul style="list-style-type: none"> <li>* Emergency situations</li> <li>*Playing outside</li> </ul>	<ul style="list-style-type: none"> <li>*In a classroom during quiet time</li> <li>*Library</li> <li>*At teachers or mom and dad</li> </ul>		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"><b>YELLING !</b></div>
<ul style="list-style-type: none"> <li>* To get people's attention</li> <li>*At a baseball game</li> </ul>	<ul style="list-style-type: none"> <li>* In a class during a movie</li> <li>*During quiet work</li> </ul>		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"><b>LOUD</b></div>
<ul style="list-style-type: none"> <li>* Talking with people</li> <li>* On the phone</li> </ul>	<ul style="list-style-type: none"> <li>* At a loud concert</li> <li>*In a crowd room with everyone talking</li> </ul>		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"><b>Conversation Tone</b></div>
<ul style="list-style-type: none"> <li>*Quiet time</li> <li>*Library</li> </ul>	<ul style="list-style-type: none"> <li>* In an emergency trying to get help</li> <li>*Loud places</li> </ul>		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"><b>Soft Voice</b></div>
<ul style="list-style-type: none"> <li>*Quiet time</li> <li>*When listening to someone else</li> <li>*Movies</li> </ul>	<ul style="list-style-type: none"> <li>*When someone calls you</li> <li>*Trying to get attention</li> <li>*Trying to get help</li> </ul>		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"><b>Quiet, Not talking</b></div>