

# The Incredible 5 Point Scale



## What is the Incredible 5 Point Scale?

The Incredible 5 Point Scale is a visual method for helping individuals understand levels or intensity on any construct. It can be used to teach volume, emotions, pain, or nearly any information that can vary in degree or amount. The Incredible 5 Point Scale can be used to have individual's rate their current level of a specified construct. It can also be used to help learners modulate their behavior.

## How do I create a 5 Point Scale?

1. First select a construct for the rating scale. As long as the construct has various degrees or levels, it is appropriate for the scale.
2. Assign values for each number. Define what each level of the concept looks/sounds like.
3. Create a visual support. Using the learner's area of interest, create a story that explains how to use the scale.
4. Teach the scale. Build in time to teach the learner how to use the scale and how to identify each level.
5. Extend its use. Have the learner practice the scale and ensure to teach generalization of the scale so it can be used across settings and people.

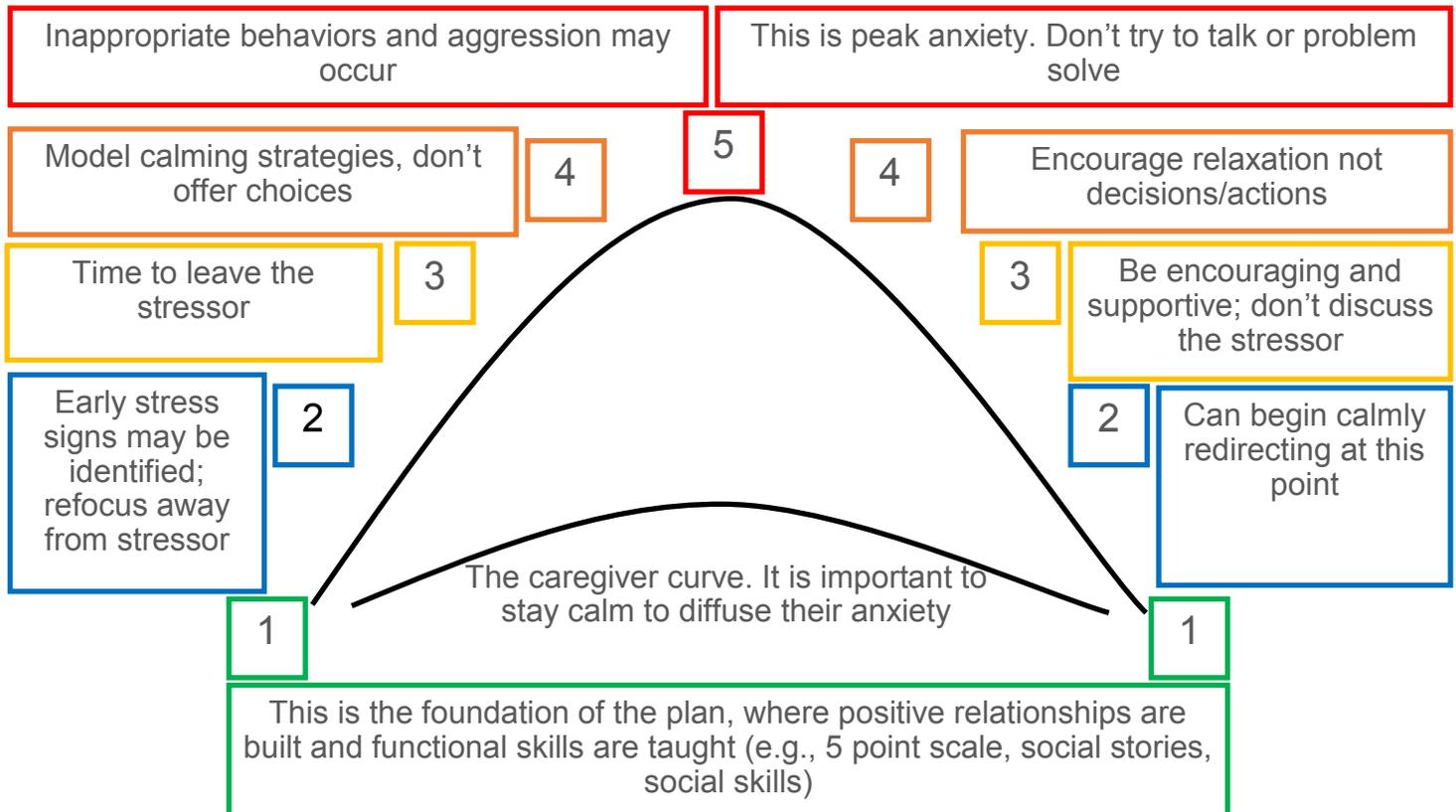
## Sample 5 Point Scales

<b>5</b>	<b>Screaming</b> Emergency	
<b>4</b>	<b>Outside Voice</b> Recess/Cheering a game	
<b>3</b>	<b>Classroom Voice</b> Talking	
<b>2</b>	<b>Whisper Voice</b> Library/Movie	
<b>1</b>	<b>No talking</b> Listen only	

<b>5</b>	<b>Angry</b> I've lost control I might hurt someone	
<b>4</b>	<b>Overwhelmed</b> I'm losing control I need to walk away	
<b>3</b>	<b>Frustrated</b> I'm showing stress signs I need a break	
<b>2</b>	<b>Anxious</b> I'm having a hard time I need calming strategies	
<b>1</b>	<b>Happy</b> I'm ready to work	

# The Anxiety Curve

The anxiety curve model (Buron and Curtis) is one use of a 5 point scale. It illustrates anxiety and its relation to the learner's behavior. "1" is the trigger. "2" is early visual cues that anxiety is growing and simple strategies. "3" and "4" focus on caregiver strategies to help diffuse the anxiety. By "4" the individual is no longer having a teachable moment, and is not able to make rational choices. "5" is the peak of anxiety.



## How Can I Learn More?

### Articles and Books

- Buron, K.D. (2007). *A "5" Could Make Me Lose Control! An activity-based method for evaluating and supporting highly anxious students*. Shawnee Mission, KS: Autism Asperger Publishing Company.
- Buron, K. D., & Curtis, M. (2012). *The incredible 5-point scale: The Significantly Improved and Expanded Second Edition; Assisting students in understanding social interactions and controlling their emotional responses*. Shawnee Mission, KS: Autism Asperger Publishing Company.
- Buron, K.D., Curtis, M. (2004). *Incredible 5-Point Scale Assisting Students with Autism Spectrum Disorders in Understanding Social Interactions and Controlling their Emotional Responses*. Shawnee Mission, KS: Autism Asperger Publishing Company.

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