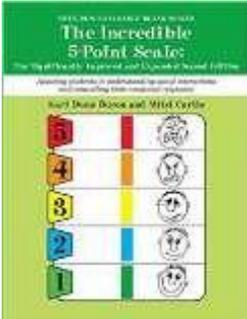




## Supporting the anxiety (intervention)

Supporting approach  ‘ 5-point scale’	Making it successful	Resources
<p>This is a very simple and flexible tool. It can be used to help children in becoming aware of their emotions and to control their emotional responses to everyday events.</p> <p>This is not a behaviour management tool. It is based on cognitive behaviour theory. It is not a behaviour management tool but rather to help the child/young person learn more about their emotions and develop independence in regulation.</p> <p>It is a visual strategy, originally designed for children with autism, but can be effective for children/young people with wellbeing needs due to a wide range of factors.</p> <p>It is suggested that the best way to introduce this approach is through “one to one” instruction. It can be developed by the teacher or as a collaboration between the teacher/parent and the individual.</p> <p>Using the scale, the child rates his emotions (e.g. worry, anxiety or anger) or a state, as numbers 1-5 or 1-3. They are then encouraged and supported to suggest alternative, positive solutions at each level of the scale.</p>	<ul style="list-style-type: none"> <li>• It is important to ensure the child’s active participation in developing a scale</li> <li>• The scale should be adapted to the individual’s age and stage of development (cognitive, social and emotional), using the child’s own words at each level</li> <li>• It can be simplified to a 3-point scale for younger children or individuals that require this.</li> <li>• Introduction to the scale should take place during a neutral activity and when the child is calm</li> <li>• At each level, the child will identify what each rating may look like, feel like, and possible solutions/coping skills to try</li> <li>• It is helpful to Identify (<i>when required</i>):             <ul style="list-style-type: none"> <li>- Safe places. A prearranged space that your child is allowed to go to when they begin to feel anxious/frustrated</li> <li>- A list of people who know and understand the needs of the Child/young person and are aware of the scale and the strategies</li> </ul> </li> <li>• Children should be encouraged to rate themselves several times a day (with adult support)</li> <li>• Practise using the scale in a calm environment and then by reinforcing each of the child’s attempts. Revise, if required.</li> <li>• Systematic and regular use is essential for successful implementation and effectiveness of this intervention.</li> </ul>	<p>Falkirk Council Educational Psychology Service.          Incredible 5 Point Scale  <a href="#">Tutorial parts 1 and 2</a></p>  <p>Blank scales, sample scales and a list of recommended books and resources are available here:  <a href="#">THE INCREDIBLE 5-POINT SCALE - HOME</a></p> <p>Buron, K. D (2015). <a href="#">The Incredible 5 point Scale Webinar</a> (1 hour).</p>