



Strategy: The Incredible 5 Point Scale

What is it?

The Incredible 5 Point Scale (Dunn Buron) is a strategy that provides visual representation of social behaviors, emotions and abstract ideas. It uses a simple scale to teach social understanding. The Incredible 5 Point Scale assigns behaviors a number (1-5), color, or picture. By breaking down social interactions and behaviors into visual and tangible pieces, individuals can learn appropriate ways to respond and interact in difficult situations. A scale can be developed for almost any behavior or expectation. The book, *The Incredible 5 Point Scale: Assisting students with autism spectrum disorders in understanding social interactions and controlling their emotional responses*, has examples of scales that address obsessions, control, and voice volume, to name a few.

How To:

- Identify target behavior
- Once behavior is identified break it down into 5 concrete parts (example–Target behavior: Understanding Emotions. Concrete parts: happy, anxious, frustrated, overwhelmed, angry)
- Assign each of these parts a label – color, number, and/or picture
- Once the scale is made, the individual is taught, usually one on one at first, what each part “looks” like, what it “feels” like, and what to do at each step of the scale.
- When the scale has been taught to the individual, then it is important to share it with people in the individual’s life who can help implement it and support it in the appropriate environments. The Incredible 5 Point Scale can be used at school, home, work, or in the community. Adults or peers can point to specific numbers or colors on the scale to show the individual where they are on the scale.
- When the position on the scale is determined it is then used to help them maintain where they are at, improve their behavior or interaction, or evaluate what they are doing.
- The Incredible 5 Point Scale can be used before, after or during an interaction or situation. Proactively, to set up an individual for what behaviors are or are not acceptable for that event. During a situation, it can be a visual reminder of expected, appropriate behavior. After an event it can be used to review what happened.

Resources:

Dunn Buron, K. (2003) *The Incredible 5 Point Scale: The Significantly Improved and Expanded Second Edition; Assisting students in understanding social interactions and controlling their emotional responses*. Lenexa, KS: Autism Asperger Publishing Co.

Dunn Buron, K. (2006). *When My Worries Get Too Big: A Relaxation Book for Children Who Live with Anxiety*. Lenexa, KS: Autism Asperger Publishing Co.

Dunn Buron, K. (2007). *A 5 Is Against the Law! Social Boundaries: Straight Up! An honest guide for teens and young adults*. Lenexa, KS: Autism Asperger Publishing Co.

Links:

<http://www.5pointscale.com/> The Incredible 5 Point Scale

<https://www.youtube.com/watch?v=AuPjB9kMNwY> A Must Have For Your Child with Autism!
The 5 Point Scale!

http://download.speechcorner.com/SamplePages/AA/AA-9926_TheIncredible5PointScale_SamplePages.pdf

