

The Incredible 5-Point Scale

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The Incredible 5-Point Scale

- Cognitive behavior intervention
- Teaches social information and emotion regulation skills
- Based on Systemized Thinking
- Visual

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What does early development of Social Cognition look like?

- Joint social pleasure
- Responsive smiles
- Maintaining social engagement
- Eye contact
- Joint social attention

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When does the development of social thinking begin?

**New father
with 4 day
old daughter**

Babies become *addicted* to eyes.

5 month old baby

- Little body control
- Joint social attention
- Joint social pleasure
- Visually following a point

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Not sharing

- he is selfish
- he is rude
- he is mean
- he is self centered
- he is inconsiderate
- he is greedy

- He lacks joint attention, joint pleasure, and adaptive emotion regulation skills?

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The words we use to describe a behavior influences how we ***think*** about the behavior.

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“The development of brain imaging is the equivalent of Galileo’s invention of the telescope, only we are now exploring inner space instead of outer space.”

Allan Hobson (Harvard Psychiatry)

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“Designing supports and accommodations is not beyond our capabilities as a society . . . first we have to learn to think more intelligently about people who think differently.”

--Steve Silberman (Neurotribes)

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Social cognition and emotion regulation need to be considered *whenever* you are observing socially odd, confusing or frustrating behavior.

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Important****

- The 5-Point Scale is not a behavior management tool.
- It is a *teaching tool* – created to teach social and emotional concepts and emotion regulation strategies.

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A 5 is
too Loud!

Try teaching
with a video

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Motivation

“The way nature gets us to do what it wants is by making it a pleasure.”

Daniel Goleman

Make scales positive and incorporate special interests

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Teaching the concept of energy

- 5 = Tigger
- 4 = Rabbit
- 3 = Pooh
- 2 = Owl
- 1 = Eeyore

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“Under stress the brain favors rigid habit memory over more flexible cognitive memory.”

Dr. Margaret Schmidt, Biologist

The Calming Sequence

5
4
3
2
1

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Buron, Manns, Schultz and Thomas

Getting input

Perspective Taking on our part



taking a bath



disaster drills



brushing my teeth



meeting people



walking



horses

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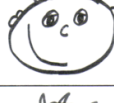

Meet Sam

Think about:

- how soon he talks in numbers
- how willing he is to engage with me
- how quickly he catches on to the system

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Fill in your own Stress Scale

Level	Person, place or thing	Makes me feel like this:
5		This could make me lose control!!!! 
4		This can really upset me. 
3		This can make me feel nervous. 
2		This sometimes bothers me. 
1		This never bothers me. 

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Peter's Scale

**Rated self 4
times a day**

**Rating determined
the level of
environmental
support.**

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Look at your blank scale

Think about the issue of **a verbal or physical greeting**

What is the worst thing one could do? - this is a #5.

Against the law.

What is the opposite end of that? This is a #1.

What kind of greeting is OK in almost all social situations? This is a #2.

What kind of greeting is OK only in certain situations?
This is a #3.

What kind of greeting is not OK but not quite against the law? This is a #4.

=

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Threatening words

Angry words

Hurtful words

Just fine words

Sweet words

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6th Grade Girls

- 5 = illegal (“I’ m hungry)
- 4 = scary; she may not want to be around you (starring)
- 3 = may make her a little uncomfortable (giving the face and singing)
- 2 = playing a game of Sorry and talking
- 1 = saying hi in the hallway and just walking on

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It is a workbook

- Information about confusing topics that have caused problems for other teenagers and young adults.
- Scales and activities to reinforce the information

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There are degrees of behavior

- 5 = Physically hurtful or threatening (telling someone you are going to hurt them or touching them in a private way)
- 4 = Scary (swearing at in a mean way; staring)
- 3 = Odd / confusing to another person (standing too close; going to a party you haven't invited)
- 2 = Reasonable (talking to a person you know)
- 1 = Very informal (wave; smile)

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When Does a 2 become a 3 or a 4 become a 5?

- Think of something you used to do when you were younger that was a 2 (reasonable) but would be considered a 3 or maybe even a 4 today?
- Why did the rating change?

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Scales for problem solving

- How different people think differently about different behaviors.
- Sometimes a 2 in one person's perspective might be a 4 in someone else's.
- When does a hug or a kiss become a crime?
- What can you look for to help you know that another person is happy with what you are doing?

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I want a girlfriend

- 5 = Against the Law! (commenting on her body; an unwanted kiss)
- 4 = Going out of your way to follow a girl in the hallway
- 3 = Staring at a girl you like without talking to her (she can't guess what you are thinking)
- 2 = Talking to a safe person about a girl you like
- 1 = Looking at the girl briefly and smiling when you pass in the hallway.

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Kenny's scale

- Social Mis-interpretations
- Identifies teasing doesn't feel good but becomes almost paranoid about it
- Doesn't know what to do
- Uses rules rigidly and uses maladaptive emotion regulation strategies

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Resources

- Buron, K. D. & Curtis, M. (2012). *The incredible 5-point scale: The significantly improved and expanded second edition: Assisting students in understanding social interaction and controlling their emotional responses*. Shawnee, KS: AAPC Publishing, Inc.
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