***Working through a problem with Kenny and the 5-Point Scale***

Kenny is teased at school but his responses get him into trouble. He tends to go to the office to make formal reports every time he feels wronged. This scale was an attempt to help him slow down and consider different types of interaction, different ways of feeling about actions and possible solutions.

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| 5To the PrincipalFile a report | Horrible and dangerous! Assault! Throwing juice on you. Hurting you physically. |
| 4Go to the officeFile a report | Bad – Possibly dangerous. Threatening you with words. Saying “I’m going to hurt you.” |
| 3Don’t touch Don’t swear | Upsetting. Like when boys tease you about the 5th letter of the alphabet.Walk away. Make a note of this. Go to the libraryGive the note to an adult later. |
| 2Don’t follow | A little nervous. Happens when boys tell me not to touch them.Rub legs; take a deep breath; think about Playdium. |
| 1The good stuff.Make note of it and feel good! | When another person seems to like me.When I get a good gradeI feel happy and calmWhen I am with Ariel or with mom |