

## Danny's Self-Management Scale

<b>Rating</b>	<b>What might make me feel this way?</b>	<b>How does my body or brain look?</b>	<b>What can I do now?</b>
<b>5</b>	Nothing is working! I am out of control! I can't think!	Like being in a tidal wave. Screaming and maybe throwing things. I don't hear people talking to me.	Shut my eyes. Try to close mouth. Try to slow down my breathing.
<b>4</b>	Someone says something that makes me angry. This is usually about politics or history facts.	Swearing. I sometimes shake. I feel mean.	Stop talking. Slow down your breathing to slow down your brain. Try to walk to a safe place.
<b>3</b>	There is a change I am not expecting. Someone tells me I am wrong.	Stomach starts to hurt. I start to have negative thoughts about someone or something. I feel mistreated.	Excuse myself and go to a safe place. Maybe go get a drink of water. Look through my photos.
<b>2</b>	Things are going along as planned. I am getting my work completed.	My body is where it should be. I am in control of what I say. I prefer to be alone.	Hang in there. This is good. I can get some work done. I don't need to be social.
<b>1</b>	This is almost perfect. I got a good grade. Someone complimented me.	I am very calm and happy. I feel like being with other people. My brain is full of good thoughts about people and things.	Relax. Smile. Enjoy the moment. Compliment people back.

Rating	How the person might feel	What the person can do	What it looks like	What the staff can do	What actions should staff avoid?
Peak Anxiety 5					
Major Anxiety 4					
Moderate Anxiety 3					
Mild Anxiety 2					
Calm 1					

The Problem: \_\_\_\_\_

Rating	What does this look like?
5	
4	
3	
2	
1	

The Incredible 5-Point Scale. Buron/Curtis

## Video Self-Modeling Story Board

•What positive routine do you want to teach? \_\_\_\_\_

•Break down that routine to short video clips:

			Always celebrate at the end!!  Yippee!  Take a bow.

- Combine the clips using a preferred movie app.
- Show the video to the child/client
- Share with parent/caregiver
- Have person watch the video repeatedly (3-4 times a day)

## *Working through a problem with 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.

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