

A BRILLIANT ME IN ACTION ONE PAGE GUIDE TO...

INCREDIBLE 5 POINT SCALE

The Incredible 5 Point Scale is a visual and cognitive-behavioural tool created by Kari Dunn Buron. It helps children understand social situations, manage their emotions, and regulate their behaviour by breaking feelings or responses down into five clearly defined levels.

WHAT?

This scale can provide a concrete way for children, especially those with autism or learning differences, to understand and self-regulate their behaviour and emotional reactions by offering a predictable structure. It may help build emotional awareness, independence, and a sense of control.

Different strategies work for different needs and this scale may be a useful tool to help some children.

Many children—especially those with autism, ADHD, or sensory processing differences—benefit from structured, predictable ways to interpret and express emotions. The 5 Point Scale offers a concrete, personalised framework for emotional understanding and self-regulation, supporting core SEL skills like self-awareness and responsible decision-making.

WHY?

- It is a visual strategy and many children benefit from learning with visuals
- May support social understanding and social communication
- May work as a tool for children to identify and manage their own feelings and emotions
- Can be used a tool by others to anticipate when strategies need to be put in to place
- Can help management of emotions and responses within real life situations
- It's a flexible tool that can work across a range of environments and social situations
- Can be used by parents and carers as well as in the classroom.

Can support **self-awareness**, **self-management** and **responsible decision-making** core competencies. It could be used to support everyday SEL for some pupils. E.g.:

SEL?

- Use it to support pupils with self-monitoring during transitions, high-stress moments, or unstructured times (like lunch or break).
- Embed it in visual timetables or calm corners.
- Link scales to coping strategies (e.g. “If I’m at a 4, I can...”).

FIND OUT MORE

- <https://www.5pointscale.com>
- **Book**
 - Buron, Kari Dunn, and Mitzi Curtis. *The Incredible 5-Point Scale: Assisting Students in Understanding Social Interactions and Controlling Their Emotional Responses*. Second edition, Revised., 5 Point Scale Publishing, 2022.

SEE ALSO

- Zones of Regulation
- Collaborative Problem Solving
- RULER

