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# The Incredible 5-Point Scale

Assisting students with autism spectrum disorders in understanding social interactions and controlling their emotional responses



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## Review

An amazing strategy to help children with autism to understand and control their emotional responses. --Tony Attwood, author of Asperger's Syndrome: A Guide for Parents and Professionals

I recommend this book for its understanding of Asperger Syndrome and its treatment and the simplicity of the principles involved. --Nancy Minshew, MD; NIH Collaborative Program for Excellence in Autism, University of Pittsburgh

# About the Author

Kari Dunn Buron is an autism resource specialist in Minnesota. Kari has worked with students with autism spectrum disorders for over 20 years, has served as president of the Minnesota Autism Society, and works with the Minnesota Autism Network to bring training opportunities to teachers. Kari also developed the ASD certificate program at Hamline University and is the director of Camp Discovery, a summer camp for children with Asperger Syndrome. Kari recently received a fellowship that will allow her to travel throughout the world studying Asperger Syndrome to help determine the critical elements of an appropriate educational program.

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This must-have resource shows how the use of a simple 5-point scale can help students understand and control their emotional reactions to everyday events. This book shows how to break down a given behavior and, with the student s active participation, develop a scale that identifies the problem and suggests alternative, positive behaviors at each level of the scale.

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Most helpful customer reviews

3 of 5 people found the following review helpful.

The Incredible 5 Point Scale

By C. A. Cloudt

As a teacher of autistic children, this book is invaluable. It is written in language that is easy for my students to understand and follow the directions..... I would be lost with it.

147 of 149 people found the following review helpful.

Five Stars for Five Point Scale

By Kristi A. Sakai

The concept in this book is one of those that makes you say, "Well YEAH, DUH." Because it's so simple and workable you wished you'd thought of it yourself! The basic premise is any behavior goal you want to work on with a child can be addressed in a five point scale. I'll give my son as an example. He yells like a maniac...when he's just talking in his normal voice. This drives me CRAZY. So, his scale is 5: I'm being kidnapped, or I'm just having a really, really, really good time on the playground OUTSIDE. 4. Loud play, but not ear piercing. 3. NORMAL INSIDE VOICE (my favorite) 2. Shhhh, whisper and 1. SILENCE (okay, I fibbed, many times THIS is my favorite.) It can also be used for expressing how the CHILD is FEELING. Anxiety levels, fear levels. The idea is that you can address many different issues whether at home or school, it gives clear examples, reproducable sheets and it's an easy concept for teachers, parents and kids to understand. I also love the companion book "When My Autism Gets Too Big", which I highly recommend for kids (and for the adults who care about them.) Incidentally, while the examples in the book are color coded and they are ingeneious ways to implement them in the school and classroom--as a parent I think that there's a reason gave me FIVE FINGERS! The Incredible Five Point Scale of course!! When I hold up three fingers, my son's voice automatically lowers because it's his signal to go DOWN on the scale.

Great book! Fun, nice visuals. Also, there is a DVD, which is a great way to demonstrate the program and have all team members (at home and at school) on the same page.

Kristi Sakai, parent of 3 with Asperger Syndrome and author of

Finding Our Way: Practical Solutions for Creating a Supportive Home and Community for the Asperger Syndrome Family

6 of 7 people found the following review helpful.

Fun for Students with Autism

By Dr. Dolly

I purchased this book for work with teens with Asperger's Syndrome (AS) and related disorders. It is Incredible! My students have a limited emotional vocabulary and an "all-or-nothing" sense of their upsets or other issues. The Five Point Scale can be adapted for most situations. My students are learning to create their own Five Point Scales; they draw their five faces to represent the range of how a particular feeling looks, for example "When I'm Frustrated." Next we are going to use photographs - students taking pictures of their five faces to foster intra-personal intelligence (how my face looks when I'm ...) and learn how to emotionally self-regulate (when i feel my face getting up to a 3 I should . . . ). My only criticism is that the scale is not consistent in it's ratings. One area uses 1 as Lowest and 5 as highest [e.g. ANGER: 1 = annoyed and 5 is rage/melt down]. Another scale is reversed with 1 as the highest and 5 the lowest. This confuses the students so we change the scale for consistency. The Incredible Five Point Scale is useful scale for teachers and parents of students who need support in emotional self-regulation, not just those with autism. It is concrete, visual, and students are engaged in their own learning when they develop their personal scale to use. Adults could use the activities in this book in a fun way with the students so that they are engaged in their own learning. It is much better than arguing or lecturing an upset teen.

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