

# Emotion and Behaviour Scales Pack

20 examples of emotion and behaviour scales that can be used to help individuals understand how they are feeling and how to regulate those emotions.

The Emotion and Behaviour Scales Pack consists of a selection of different emotion scale templates that help to teach social and emotional concepts to children and adults.

The pack includes examples from Kari Dunn Buron’s, The incredible 5 point scale.

(Copyright © 2022 The Incredible 5-Point Scale, Kari Dunn Buron - 5 Point Scale Publishing)

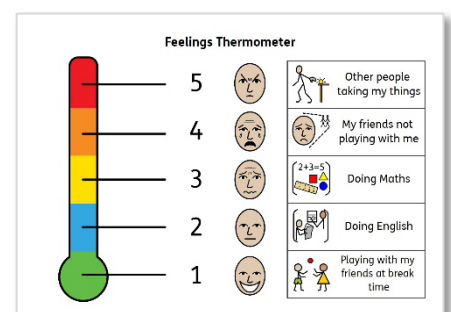
By making abstract concepts and feelings visual, the scales can be used to help individuals become aware of their emotions, the level of that emotion and potential resultant behaviour. Using the scale, the individual can rate their level of emotion and begin to recognise ways of managing extreme feelings.

## Contents

- Behaviour Control**  
 A chart to help individuals identify different emotional states.
- Feelings Fan**  
 A set of 5 small hand-held fans which can be used by an individual to communicate how they are feeling.
- Feelings Thermometer**  
 A 5 sectioned thermometer with associated emotions alongside a column for individuals to identify what triggers that particular emotion.
- Feelings Thermometer Example – People**  
 An example of a 5 sectioned feelings thermometer relating to how an individual may feel about different people.
- Feelings Thermometer Example – Primary**  
 An example of a 5 sectioned feelings thermometer relating to how a primary school child might feel about situations in and around school.
- Feelings Thermometer Example – Secondary**  
 An example of a 5 sectioned feelings thermometer relating to how a secondary school pupil might feel about situations in and around school.

**Behaviour Control**

Blue	Green	Yellow	Red
sick	happy	frustrated	angry
sad	calm	worried	mean
tired	feeling ok	silly	yelling
bored	focussed	excited	hitting
moving slowly	ready to learn	loss of some control	disgusted
depressed	alert	restless	biting



- **Following instructions**

A 5 point scale that helps individuals identify how their response to following instructions can result in inappropriate levels of behaviour.

- **Group Check -In**

A 5 point scale example that helps individuals to identify how their behaviour in a classroom situation can result in inappropriate levels of behaviour.

- **How I am Feeling**

A 5 point scale example that identifies levels of emotion and allows individuals a column to record ideas for what might help them to self-regulate.

- **Interaction Scale**

A 5 point scale example around social interaction. This chart helps an individual to identify the appropriateness of different social interactions, how they make other people feel and any potential likely outcomes from that social interaction.

- **My Stress Scale**

A 5 point scale template that permits an individual to record situations that can cause them stress and anxiety.

- **My Stress Scale Example – Travelling**

A 5 point scale example that identifies an issue around travelling to school and how these issues can make an individual feel.

- **Social Emotional and Mental Health**

A 5 point scale template that helps an individual to recognise the level of their emotions through how their body feels (or reacts). Includes a column to record ideas for what might help the individual to self-regulate.

- **Social Emotional and Mental Health Example – Home**

A 5 point scale example of solutions that can help an individual recognise their emotions and self-regulate at home.

- **Social Emotional and Mental Health Example – Primary**

A 5 point scale example of solutions that can help a primary school child recognise their emotions and self-regulate around situations at school.

- **Social Emotional and Mental Health Example – Secondary**

A 5 point scale example of solutions that can help a secondary school pupil recognise their emotions and self-regulate around situations at school.

- **Speaking scale**

A 5 point semi-circular shaped scale that identifies the noise levels associated with speaking.

- **Stress scale**

A simple 5 point scale identifying 5 levels of emotions.

- **Voice volume**

A 4 section semi-circle scale identifying different volume levels in a setting.

- **Volume Scale**

A 5 point scale identifying different volume levels.

