Social and Emotional Learning Lesson Sample: Create Your Own 5-Point Scale

About the tool

This activity was developed by Etmi Lopes Martins, school psychologist at Robert F. Kennedy Elementary School in Providence, Rhode Island, during the spring of 2020 as part of an NCII community of practice focused on virtual intervention delivery. Please note that NCII does not endorse specific intervention programs. As such, any programs noted in these documents are used for illustrative purposes only or as potential resources for source materials (e.g., sample text, graphic organizers).

A 5-point scale is a simple social and emotional learning tool that can help students with self-management. To learn more about self-management and the 5-point scale, visit NCII's behavioral strategy guide. The 5-point scale can be adapted for each student, but should follow a similar rating as the following scale:

1. I am feeling calm and relaxed.

2. I am feeling okay.

3. I am a little nervous.

4. I am getting angry.

5. I am going to explode.

In this lesson, students begin by watching a short video that describes the 5-point rating scale. Then, students answer questions that use the scale to indicate how they are currently feeling. These scales can then be used for future check-ins or to discuss strategies for responding to emotionally stressful situations.

Tips for implementation

The following are steps for implementing this lesson:

1. Recreate this lesson using Google Forms or a preferred survey system.

2. First, students watch a recorded read aloud of *When My Worries Get Too Big!*—a book that shows a student using a 5-point scale to regulate his emotions.

3. Next, students view an example of a 5-point scale.

4. Finally, students create their own 5-point scales by typing answers to describe how they feel and/or act at each number on the scale.

5. Have students submit the scale by clicking "Submit" at the bottom of the Google Form.

Note: It is important to ensure that Google Form responses are viewable *only* by the teacher.

Video tutorial

Below is a link to a video tutorial that demonstrates how to create and implement this lesson. This tutorial is also beneficial for any lesson that uses Google Forms.

- [How to Implement a Student Lesson Using Google Forms](#)