Name: Date:

**A Lesson on the 5-Point Scale**

Have you heard about the 5-point scale? It’s a simple tool that can help you recognize your emotions and explain how you’re feeling. In today’s lesson, you will watch a short video about the 5-point scale, which will help you understand the ratings on the scale. Then you will answer some questions that will help us develop a 5-point scale based on your ratings to be used in the future as our check-in.

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| A short video on the 5-point scale |
| Please watch this video and learn about the 5-point scale: <https://www.youtube.com/watch?v=T7WlYQ7RMZw&feature=youtu.be>  |

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| Let’s create a 5-point scale! |
| Please answer the following questions to help me create a 5-point scale that is specific to your emotions. Use the sample 5-point scale as a guide to come up with your own answers. |

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| Sample 5-point scale |
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| 5 | I am going to explode! |
| 4 | I am getting angry. |
| 3 | I am a little nervous. |
| 2 | I am okay. |
| 1 | I am calm and relaxed. |

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| How would you describe when you’re at a 1? |
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| How would you describe when you’re at a 2? |
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| How would you describe when you’re at a 3? |
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| How would you describe when you’re at a 4? |
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| How would you describe when you’re at a 5? |
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