**The Incredible Scale**

**Name** **Date created 11th November 2022**

|  |  |
| --- | --- |
| My safe people are  | Miss A, Miss B, Mr C, Miss D, Mr E |
| My safe places are  | Tent near reception, Mrs F’s room, X’s tent/black tent in rainbow room, ball pool  |

|  |  |  |  |
| --- | --- | --- | --- |
| 1 C:\Users\owner\AppData\Local\Microsoft\Windows\INetCache\IE\G6OBDVOH\smiley-emoji[1].pngGood Day Calm/focused  | **What it can look like?**Happy, smiley, focused, completing work, proud of her work  | **How it makes me feel?**Very much better, happy  | **How can we help you?**Leave me to get on with it sometimes, be there just in case  |
| 2 C:\Users\owner\AppData\Local\Microsoft\Windows\INetCache\IE\G6OBDVOH\original_smiley_face[1].pngOK Bit unsettled  | Easily distracted, starts work but struggles to finish it | Feels like I don’t know what to do; like I want to do something else  | Do an activity I like for 5 minutes then return back to the task  |
| 3 C:\Users\owner\AppData\Local\Microsoft\Windows\INetCache\IE\RXWDHJ7B\Gnome-face-worried.svg[1].pngNot very goodWorried/ feeling threatened  | Tired, refusing to do work, uninterested, walking away from what she should be doing  | I feel happy and sad at the same time  | Talk to me, watch laptop for 5 minutes (as this stage usually results from tiredness), make me laugh  |
| 4 C:\Users\owner\AppData\Local\Microsoft\Windows\INetCache\IE\RXWDHJ7B\emote-1299362_640[1].pngAngry Very upset/stressed out  | Running, shouting, hiding, intimidating other children  | Feels like people are talking, staring or looking at me  | Speak a little bit to me, offer to do one of my favourite things with me, make me laugh  |
| 5 C:\Users\owner\AppData\Local\Microsoft\Windows\INetCache\IE\EPP9YT2J\58616-emoticon-angry-anger-emojis-sticker-emoji[1].pngFurious Out of control  | Climbing, throwing, screaming, not listening to adults, hitting, being unsafe  | Angry, confused, nervous  | Don’t speak a lot to me, keep me safe, be with my safe people  |

Some of X ’s favourite things to do and things that will help him/her keep calm:

Playing with dinosaurs

Playing noughts and crosses

Marble run

Being outside

Watching Tom and Jerry

Slap stick jokes, silliness, funny voices

Card games like Go Fish

Puzzles