
5	
4	
3	
2	
1	

	Looks like:	Feels like:	I can try to:
5			
4			
3			
2			
1			

5-point scale musts....

- Keep it positive
- 1 is little / 5 is big (do not use right/wrong)
- Personalise your scale
- Teach the system
 - model using the system
 - give examples of what each stage looks like
- Practice when all is calm