

3-Point Scale Emotional Regulation

Goal:

The student will tell others how he feels, and then regulate his behaviour based on learned coping strategies.

Materials:

3 coloured circles on a key ring (see above for specific materials used at home)

Keep the key ring on the table at all times (on green)

EA/IT/Parents/Student should flip cards to specific colour corresponding to what he is feeling

Teach the student the following:

Green = "I feel calm" (i.e., calm/happy)

Yellow = "I feel a bit mad" (i.e., getting anxious)

Red = "I feel very mad" (i.e., very anxious)

Teaching Procedure:Step 1:

- EA/IT flips the visual to the corresponding colour and labels the emotion for the student (e.g., "[Name], you are feeling very mad right now")

Step 2:

- EA/IT flips the visual to the corresponding colour and labels the emotion for the student (e.g., "[Name], you are feeling very mad right now")
- Then EA/IT directs the student to engage in calming procedure and access activities associated with that level (e.g., listen to music, ask for a stim toy, go for a walk, take a drink of water, sit in bean bag chair, etc.)

Step 3:

- EA teaches the student to flip the visual to the corresponding colour and label the emotion (e.g., "[Name] you are feeling very mad, move your picture to red)
- Then EA/IT points to visual to prompt the student to engage in calming procedure and access activities associated with that level (e.g., listen to music, ask for a stim toy, go for a walk, take a drink of water, sit in bean bag chair, etc.)

Step 4:

- The student independently flips the visual to the correct colour and labels how he is feeling (e.g., "I am feeling yellow right now" or "I feel a bit mad")
- Then the student independently engages in calming procedure and accesses activities associated with that level (e.g., listen to music, ask for a stim toy, go for a walk, take a drink of water, sit in bean bag chair, etc.)

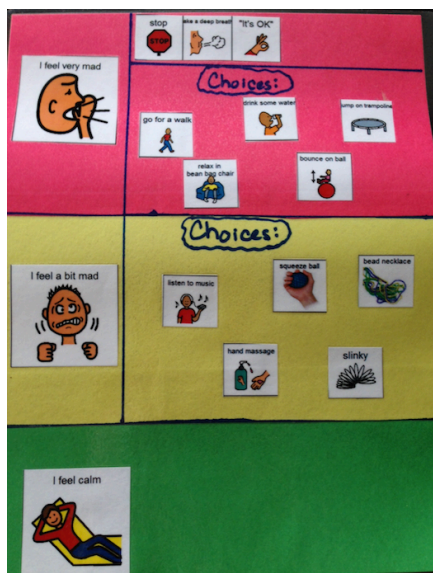
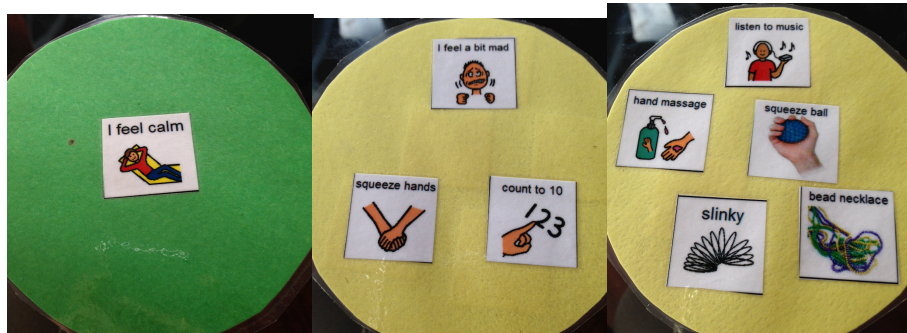
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Mastery Criteria: 100% for two consecutive sessions

Date/IT:																					
Percentage	100																				
	90																				
	80																				
	70																				
	60																				
	50																				
	40																				
	30																				
	20																				
	10																				
	0																				
Teaching Step:																					
Trial 1		Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Trial 2		Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Trial 3		Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Trial 4		Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Trial 5		Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Trial 6		Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Trial 7		Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Trial 8		Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Trial 9		Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Trial 10		Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N

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Examples of Stimuli Used at Home:



Very anxious		Say, "I need a break" Say, "This is too hard" Ask, "I want ____"
Getting anxious		Take 5 deep breaths Say, "This is too hard" Squeeze hands together Think about funny videos Count backwards 10-9-8-7-6-5-4-3-2-1
I'm Calm	