

Using the 3 Point Scale

Purpose: To support the child in identifying their emotions and strategies they can use to support themselves or communicate to others how they can be supported during different stages of escalation.

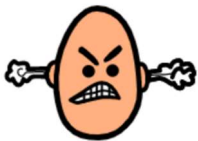

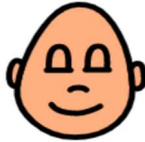
Procedure:

1. The first step is to identify what it looks like when the person is becoming upset/annoyed. This is mostly done by your own observation and that of others. Describe observation behaviours (e.g., smiling, chatting, frowning, clenching fists, etc.)
2. The next step is to identify the person’s feelings during each stage. Use different methods to gather this information from your child: Observation, other people’s report, and child’s views.
 - a. Can they label emotions?
 - b. Can they differentiate emotions?
 - c. Can they apply emotions to different scenarios?
3. The last step is to identify actions/alternative behaviours for each of the levels
 - a. Physical tools, relaxation, social tools, thinking, sensory, etc.

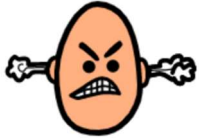

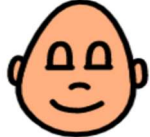
Example:

Rating	Looks Like	Feels Like	I can try to
3	Break items in environments, hits others, crying, yelling	I am anxious, overwhelmed, angry	Walk away from person/situation Deep Breathing/Calming Activity (specify what this is)
2	Speech becomes repetitive, start fidgeting, body becomes tense,	Uneasy, annoyed, frustrated,	Talk with others to identify area of stress Communicate what is upsetting me Walk away from person/situation Distract self with other activity (specify list of options)
1	Talking, making jokes, engaging with others, smiling, laughing,	I am calm & relaxed, happy	Continue as I am (Engage in preferred activity, etc.)

Steps 1, 2, and 3

Rating		What do you do? (Example: smile, frown, cry)	What does it feel like? (Happy, sad, stress, angry, anxious)	What can you do? (Leave the room, take 3 deep breaths, spend some time alone)
3				
2				
1				

- ✓ Summarise the information in a more compact and easily accessible way by writing the strategies on smaller cards.
- ✓ Teach the child to use these in different scenarios
- ✓ Remember! Your child may need prompting to learn to use this independently

3	
2	
1	

Positive Behaviour Support Team, States of Guernsey, 2023