

Lesson 3 Block 1: Teacher Sheet

Lesson Synopsis

Students learn about regulation issues. By engaging in discussions and designing their own regulation scales, students practice advocating for themselves around regulation challenges.

Lesson Objectives

1. Explain in an introductory way how the regulation systems of the body work.
2. Describe the types of regulation issues that can pose challenges at school, at work, and in the community.
3. Demonstrate beginning use of a blank Scales tool inside and outside of the classroom to identify regulation challenges, to plan for these challenges, and to advocate regarding these challenges.
4. Explain how identifying, preparing for, and advocating around one's regulation issues is a core part of self-advocacy.

Lesson Activities

1. Introduce and explain lesson concepts.

Regulation is a fundamental skill in adult life. Almost every single situation in adult life requires an individual to be able to regulate himself or herself. Students with autism and students with other types of disabilities often have great difficulty regulating emotions and regulating physical states, which can result in escalation of negative behaviors

The 5-Point Regulation Scale is a research-backed tool that helps students gradate their emotions or physical states. Scales are flexible self-advocacy tools that can enable students to more appropriately regulate themselves in school, at work, and in the community. A PowerPoint for teachers with information on regulation is provided. Additional resources include Kari Dunn Buron's 5-Point Scales books and the *How Does Your Engine Run?* system.

For students who are hesitant to share personal experiences or who do not have experience sharing, consider activities that might jump-start participation such as writing or drawing experiences before sharing them with peers. Note: Some students may state they have no regulation issues, and some students may be resistant to the idea that they have regulation issues. These students can still be encouraged to think about regulation issues generally, or could be directed to brainstorm with a peer who does have regulation issues on how these issues might impact life broadly speaking and how 5-Point Scales might be a useful coping mechanism.

2. Student Centerpiece

Once basic lesson concepts have been explored, look at the supplemental information on the printed samples together as a class. Do the students think Sheila's scale helps her advocate for

herself in math class? Do the students have similar or different issues that a 5-Point Scale might help?

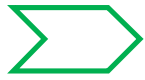
When the class is ready, students practice creating a 5-Point Regulation Scale in the classroom. At the top of the blank scale, students fill in what the scale is for: something physical such as hunger, fatigue, or illness; or an emotion such as anxiety, anger, or happiness. Scales can be used to regulate positive emotions too. Students can work together in smaller groups of 2 or 3 to fill out a Scale, and then come back together as a whole group to discuss the Scales, if this would work better for the particular students in your group. Less experienced students may want to work together to fill out one Scale as a group, or to help one another fill out individual Scales.

Again, some students may say they have no regulation issues or may hesitate to share personal experiences. Students can still be encouraged to explore what regulation issues might come up on an average school day, and how a person could use a Scale to deal with the problem. Note: One blank Scale form uses numbers. The other blank Scale form uses colors. Some students may want a plain piece of paper to create a scale that has neither numbers nor colors. For example, some people use animals from a gentle bunny to a roaring lion or a calm sunny day to a tornado to indicate levels. So long as the students understand the concept of gradation, students can be as creative as they want to be.

3. Enrichment Activities

Please refer to the *Lesson 3 Block 3: Enrichment Activities* sheet for activity ideas and details.

Lesson 3 Block 2: Student Centerpiece



Hidden Social Rule:
You don't usually show big emotions in public.

What is Regulation?

The brain makes millions of decisions each second. How do you respond to stressful situations? You might expect a young child to cry if she drops her ice cream. But most adults have learned that dropping your ice cream isn't a tragedy. Instead of crying, an adult simply buys a new one. This is because the adult has learned to regulate his or her emotions.

Regulation Issues

People with certain disabilities like autism can run into regulation issues. Even people without disabilities sometimes over-react or under-react. For example, an adult might cry when he drops his ice cream if he is flooded with anxiety signals.

Exploration of Your Own Regulation Issues

Have you ever had a regulation issue? For example, were you so angry that you blew up over something minor? What happened? Have your classmates had any regulation issues? What did your classmates do?

Dealing with Regulation Issues Is Part of Self-Advocacy

Lots of people have difficulty regulating themselves. But having under-reactions and over-reactions doesn't have to mess up your life. Do you think that knowing about – and managing – your regulation issues can improve your ability to stay calm and take care of yourself?

The 5-Point Regulation Scale

Strong regulation skills help adults navigate through life's many ups and downs. A 5-Point Regulation Scale is a self-advocacy tool that helps you regulate yourself.

Let's say you get frustrated really easily. A 5-Point Scale for Frustration might help you match the "amount" of frustration to appropriate reactions. A Level 1 on your scale would mean you don't feel frustrated at all. A Level 2 on your scale equals just a little frustration. This is where you should be if you drop a box of paper clips or can't find a pen. You might grumble a little bit, but then you fix the problem and keep going. Your day isn't ruined. A Level 5 is a frustration emergency. You might reach this level if your backpack breaks and your stuff drops all over the subway platform and at the same moment you spill your soda all over your coat and you miss your train.

Check out Sheila's scale. She uses it to deal with anxiety in math class. Then, practice designing your own 5-Point Regulation Scales. Learning how to make and use a 5-Point Regulation Scale will help you self-advocate around regulation issues wherever you go.

Lesson 3 Block 3: Enrichment Activities

Practice Making Scales

Students can practice making scales for situations in the classroom and outside as well. More experienced students can take home a blank Regulation Scale, design the scale for use at home or at school or in the community, and then bring in a completed Scale to discuss and share with the rest of the class.

5-Point Scale Field Trip

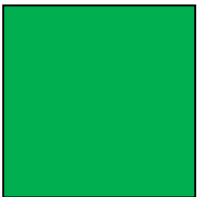
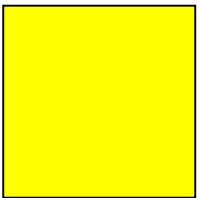
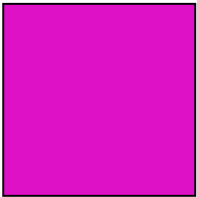
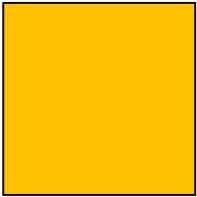
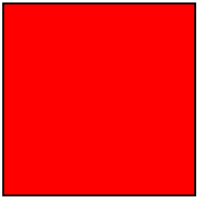
Less experienced students could go somewhere as a group and help each other use blank Scales to build their skills in assessing problems, developing regulation strategies, and brainstorming on how a Scale could be used to deal with regulation challenges in different scenarios. For example, how do you regulate your frustration if you get the wrong drink at Starbucks?

Dramatize Regulation in Action

Kinesthetic learners may want to dramatize over-reactions and under-reactions to made-up or real-world scenarios, and then dramatize more adept ways of coping using 5-Point Scales as guides.

Regulation 5-Point Scale

For: _____



Regulation 5-Point Scale

For: _____

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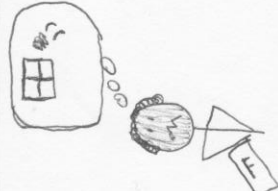


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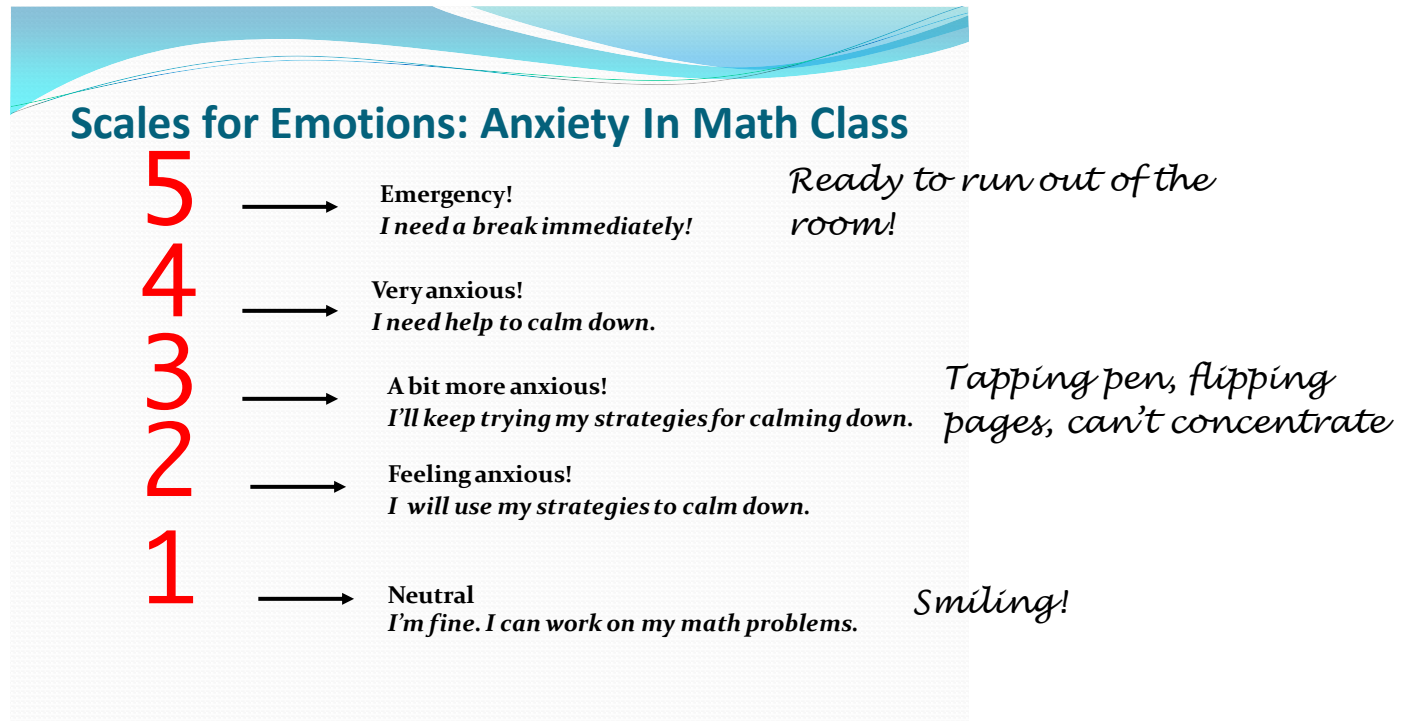
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Lesson Three Social Narrative: Regulation – Upset

<p>PARLEZ VOUS FRANCAIS?</p>  <p>The other day I was in French class.</p>	 <p>We had to do a whole sheet of irregular verbs.</p>	 <p>I got every single one wrong!</p>
 <p>I wanted to chuck my paper out the window!</p>	 <p>Instead, I calmed down by taking deep breaths.</p>	 <p>Then I asked the teacher for extra help.</p>

Sheila's Scale: Anxiety in Math Class



Sheila didn't realize just how anxious she gets in math class. She was always tapping her pencils, getting out of her seat, pacing, or even walking right into the hallway.

Sheila can't make her anxiety magically disappear. But now she uses an Anxiety Sale to figure out just how much anxiety she is feeling, and what to do for the different amounts of anxiety.

If Sheila is feeling just a little anxiety, at a Level 2, she uses strategies like taking deep breaths to calm herself. If her anxiety rises all the way to a Level 5, she asks for a break before she has an anxiety emergency. At first it was difficult for Sheila to guess what level she was at. But over time, and with guidance from her advisor, she made notes on what to look for at the different levels.

Your 5-Point Scales

Think about an emotion or even a physical state that you might want to make a 5-Point Scale for. Do you have a special interest? You can make scales based on weather, trains, or animals to describe the different levels, too. For example, a rabbit might indicate very calm and a roaring lion would indicate extreme stress. You can also use colors. For example, the red level would be an emergency level and the green level would be O.K., with a rainbow of levels in between.