

## The Incredible 5 Point Scale



5

**Terrified.** In a crowd, this is when something happens that really lets you know there is danger. It might be a very scary person or a situation that looks very dangerous like a fire. Walk away and find a trusted adult as calmly and quickly as possible. Your body usually reacts to this feeling. Your heart might race or you might get a really sick feeling in your stomach.



4

**Fearful.** This is like when you are waiting for the bus and see two other students starting to fight. You might not get hurt, but the situation could be dangerous if the fight gets out of hand. This is a good time to find an adult to help you decide what to do. This might also be how you feel if you are asked to do something that might be dangerous, like walking home from school after you miss the bus.



3

**Concerned.** In a crowd, this might be when someone says something to you that sounds like teasing or mocking. It might not be dangerous, but it is worth thinking about seriously. You may want to leave the situation. You might also feel this way when you have to do work that you have never done before.



2

**Wary.** In a crowd, this might be an assembly in the auditorium where you don't really know what is happening and there is an annoying echo in the room. Or maybe when you get a new assignment.



1

**Comfortable.** In a crowd, this might be at the lunch table where you always sit with people you know, or it might be doing something you are really good at.