

Inclusive Education

From

Guide: [Fetal alcohol spectrum disorder and learning](#)

Strategy: [Support self-regulation and positive behaviour](#)

Suggestion: [Support positive behaviour](#)

Date

21 January 2019

Link

www.inclusive.tki.org.nz/guides/fetal-alcohol-spectrum-disorder-and-learning/support-positive-behaviour

Use a Stress-o-Meter



Source: [Adapted by Kathryn Whitaker from "The Incredible Five-Point Scale" by Kari Buron Dunn and Mitzi Curtis. 3/2008](#)

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http://www.5pointscale.com/more_sweet_scale.htm

[View full image \(35 KB\)](#)

Discuss the **anxiety curve** with the student. Identify what each stage feels like.

Start at 5. Identify the tipping point and what could come before it, for example, music in a calming space.

Share with the student's teachers and peers.

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