

Getting Settled Scales

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Getting Settled Scales

Three Versions



1

Upset



2



3



4



5

Settled



1

Upset



2



3



4



5

Settled



1

Upset



2



3



4



5

Settled

Directions. Use any of these scales, together with the Calm and Settled visual in the section on Taking a Break Comprehension Guide (<https://kevinplummerphd.com/wp-content/uploads/calm-and-settled-visual.pdf>) to help students determine if they are settled enough to leave their restorative break and return to class to become productive. It's also a good way to show change over the course of a successful break session (or to show that change is not happening and that the break needs to be modified to get a better result). The more that students know about what calm and settled feels like, relative to feeling upset, and also what it feels like to go from being upset to feeling settled, the more skilled they will become in bringing the settled state about when they're using the break routine. This scale can also help staff use a scripted debriefing narrative, at the point of exiting the break, to help students understand the restorative break process and to help them store the most beneficial memory of the experience. Here is an example of such a narrative. Use it as a template and adjust some of the specifics to fit your present situation.

You were frustrated in class, so you took a break and that was a good choice. When you started your break I noticed that you were about a 2 (point to this on the scale), but then you completed two mazes, took a few deep breaths, and now you feel much more settled. You said that you're at a 4 (point to the scale). You did a great job, so remember, whenever you get frustrated or upset, you know how to take a break and get settled. It feels so much better when your brain and your body feels calm and settled.x