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VOICE SCALE

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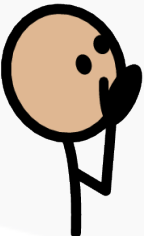
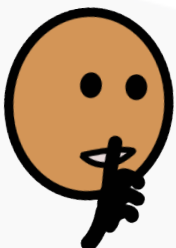
The incredible five point scale is a simple tool that is used to teach self-regulation. The voice scale helps students understand when to use different voice levels. It is a form of self-management, which is considered an evidence based strategy. The scale can be used in different environments to help the children know what is expected.

5		Yelling/Emergency
4		Playground/Outside Voice
3		Classroom/Inside Voice
2		Whisper/Private Voice
1		No Talking

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Help children understand that the volume of their voice is context-dependent. To use the scale effectively, explain that different situations require different voice levels. For instance, a "1" represents a whisper or quiet voice for situations like libraries, while a "5" represents a loud voice for outdoor play. Use visual cues or pictures to reinforce the concept. Encourage children to self-monitor their voice and make appropriate adjustments based on the context, supporting their social communication skills.

VOICE LEVEL	PLACE	CONTEXT
<p>5</p>  <p>YELLING/ EMERGENCY</p>		
<p>4</p>  <p>PLAYGROUND/ OUTSIDE VOICE</p>		
<p>3</p>  <p>CLASSROOM/ INSIDE VOICE</p>		
<p>2</p>  <p>WHISPER/ PRIVATE VOICE</p>		
<p>1</p>  <p>NO TALKING</p>		