

Name: _____

5 Point Scale: Thinking about Changes

Rating	Level of Change	Example	Your Example
5	a HUGE change that you might need a week or two to be comfortable with. Most people spend time thinking about the change, planning, and talking about it	Moving to a new school Parents divorce	
4	a pretty big change that might take you a day or two to be comfortable with. Most people talk about it a few times.	Having a new student join your class Getting a new pet	
3	A medium change that you might need an hour or so to be comfortable with. Some kids want to talk about it, but most kids are not bothered by it	new desk spots at school Starting a new grade in school	
2	A little change like one thing in your schedule being different, or just a small part of your day is affected. This usually does not bother kids	A substitute teacher, A school assembly	
1	A GLITCH. Not really even a change that other people notice. Kids do not feel bothered by these glitches	The DVD player will not turn on, so you need to move to another classroom Trolley is broken on the playground	

What Size is the Change?

5	a <i>HUGE</i> change that you might need a week or two to be comfortable with. Most people spend time thinking about the change, planning, and talking about it
4	a pretty big change that might take you a day or two to be comfortable with. Most people talk about it a few times.
3	A medium change that you might need an hour or so to be comfortable with. Some kids want to talk about it, but most kids are not bothered by it
2	A little change like one thing in your schedule being different, or just a small part of your day is affected. This usually does not bother kids
1	A GLITCH. Not really even a change that other people notice. Kids do not feel bothered by these glitches

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