

# The Alert Scale

## Behaviour

Upset/Angry  
Looks stressed  
Fidgeting/ unable to concentrate  
Giggling/hyperactivity

Smiling  
Attentive  
Enjoying the task at hand  
Ready for learning  
Participating  
Interested

Sleepy/tired/ lethargic  
Flopping on the desk or table  
Doesn't want to move  
Slow at processing what is being asked.

**NB** a child in this state if not dealt with sensitively can quickly go to the "Too High" state. Don't nag them

## Strategy Ideas

Give time out.  
Sympathetic walk and talk can help find out what's wrong  
Give a heavy muscle work task e.g . Carry a heavy bag/books  
Gentle swinging / rocking  
Deep pressure- use weighted toy or a bean bag chair/big cushion and gentle squashing.

Keep the interest  
Allow movement if needed  
Have chewy or sour snacks or drinks in sports bottles available  
Watch for signs of tiring and give a task such as fetch equipment

Suck on a sour or ice lolly  
Give a piece of fruit such as crunchy apple or tangy orange  
Give a cold drink in a Sports bottle then get them moving.  
Give a job or go for brisk walk



