

# Self-Control Meters for Volume, Space and Levels of Formality

These simple-to-make tools combine clear visuals with simple, hand-held devices.

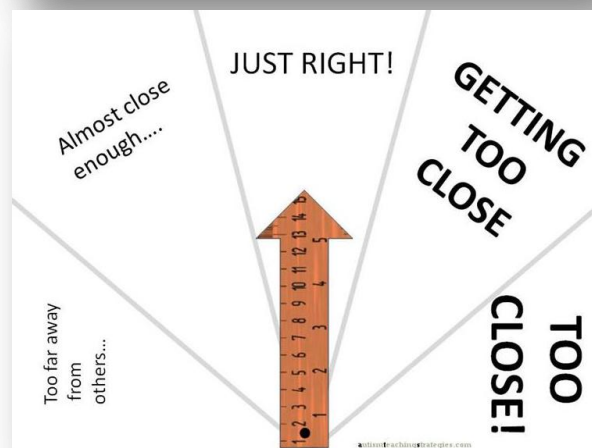
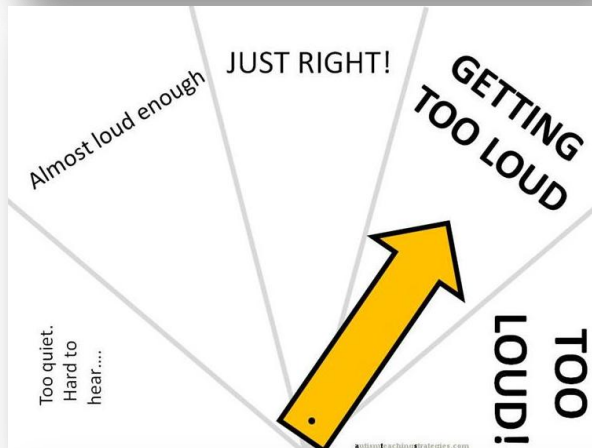
To make these meters, print out the pieces, laminate them, and fasten the arrows with small, bendable metal fasteners.

I have a curriculum activity and other visuals associated with the Levels of Formality meter. Go to <http://bit.ly/GW7uuG>

For other visuals connected with distance and other elements of nonverbal communication, go to <http://bit.ly/10q2skT> and <http://bit.ly/wmZbvo>.

To go to the blog post describing these meters in more detail, go to: <http://bit.ly/HJGBwc>.

Created by Joel Shaul, LCSW



Joel Shaul provides workshops on the topics of social and communication skills for children on the autism spectrum. To learn more: <http://bit.ly/zGDQCi>

Too quiet –  
Hard to hear

Almost  
loud enough

Just  
right!

GETTING  
TOO  
LOUD

LOUD!  
TOO

Too far away  
from others....

Almost  
close enough

Just  
right!

GETTING  
TOO  
CLOSE

CLOSE!

TOO

**Silly, playful**

(Playground, pool,  
snowball fight)

**Playful,  
but not silly**  
(Party during school day)

**Calm  
and Polite**  
(Meeting adult for the first time)

**very polite**  
**Serious,**

