

Zero to Ten Scaling Activity

- ❖ Allows participants to explore their confidence, interest, or readiness related to a topic
- ❖ Increases active learning because participants analyze their responses to a given topic and identify their areas of ambivalence and possible change talk
- ❖ Can be used by the facilitator as a pre-/post-assessment of participants in a session

Key elements:

1. Ask the group a question about their confidence, interest or readiness related to a topic.
 - Consider including context for the question – “Thinking about xyz...
2. Invite participants to indicate where they are on a 0 to 10 scale
 - The scale can be on white board, chart paper, cards or circles on the floor or wall
 - Explain what the numbers indicate – “0 means no way, and 10 means absolutely”
 - Participants can indicate their location with an adhesive dot, marker, or by standing next to the number (Note: anonymity feels safer)
 - Ask the group to note the distribution of numbers (most will fall between 2 and 8)
3. Ask why they are at particular number and not at something lower or zero
4. Ask what it would take to move higher on the scale, even $\frac{1}{2}$ step higher, or ask why someone else might be higher
 - Reflect and paraphrase

Facilitation Method



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Some examples:

The question:

“Thinking about starting your baby on solids, on a scale of 0-10 how confident are you that you could start solids without any trouble?”

“On a scale of 0-10, how ready are you today to ...?”

“Considering all the different factors, on a scale of 0-10 how interested are you in ...?”

The explanation:

“On this scale, 0 means no confidence at all and 10 means absolutely confident.”

“Zero means I don’t have any interest at all in changing and 10 means I am ready to change today.”

Follow up questions:

“How come you picked your number and not a lower number or zero?”

“What would need to happen today for you to move a half a step forward?”

Your thoughts:

