

Size of the Problem

How big is the problem? How big should my reaction be?



Small problem

WHAT IT MEANS

I can fix it myself, pretty quickly. It is annoying, but it will be okay soon.

LIKE WHEN

- Your pencil breaks during a test.
- You lose a board game.
- Your friend wants to play a different game at recess.

MY REACTION

A small reaction: take a breath, fix it or let it go, and keep going.

WHO CAN HELP

Me



Medium problem

WHAT IT MEANS

I need some help, or it takes a while to fix. Maybe a day or two.

LIKE WHEN

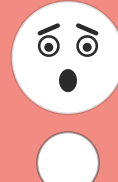
- You forgot your homework at home.
- Your friend is upset with you.
- You feel sick at school.

MY REACTION

A medium reaction: take a break, use words, ask for help and make a plan.

WHO CAN HELP

A grown-up, a teacher or a friend



Big problem

WHAT IT MEANS

Someone is hurt or not safe, or it is an emergency. I need help right away.

LIKE WHEN

- Someone is badly hurt and bleeding.
- You see a fire.
- You are lost in a store and cannot find your grown-up.

MY REACTION

A big reaction: get help fast. It is okay to be loud to get help.

WHO CAN HELP

A grown-up, right away. In an emergency, call 911.

When I have a problem, I ask

1

What happened?

2

How big is it: small, medium or big?

3

What reaction fits?

4

Who can help?

Big feelings are okay, about any problem. The reaction is the part I can choose.

Problem Sorting Cards

Cut out the cards. Put the three size cards on the table, then sort each problem under one.

 Small problem	 Medium problem	 Big problem
You feel sick at school.	Your pencil breaks during a test.	Someone falls down and cannot get up.
Your lunch is not the kind you wanted.	Someone is badly hurt and bleeding.	You are lost in a store and cannot find your grown-up.
Someone is hurting you or making you feel unsafe.	You have to wait your turn on the slide.	Your friend wants to play a different game at recess.
You forgot your homework at home.	You lose a board game.	You lost your jacket.
You see a fire.	Your friend is upset with you.	Someone keeps teasing you, even after you asked them to stop.

My Problem Scale

Name _____



Big problem

Problems like this _____

My reaction _____

Ideas: get a grown-up right away, call 911 if no grown-up is there, get away from the danger

Who can help _____



**Medium
problem**

Problems like this _____

My reaction _____

Ideas: ask a grown-up for help, take a short break to calm down, use words to say how i feel

Who can help _____



Small problem

Problems like this _____

My reaction _____

Ideas: take a deep breath and keep going, say "oh well" and try again, fix it myself

Who can help _____