

HOW BIG IS MY PROBLEM?

5	Emergency -Earthquake, tornado, fire, or other danger -Broken bone -Someone's hurting you	I can: cry, scream, call for help, feel worried or scared
4	Gigantic -Hurt or bleeding -Parents are divorcing -Grandparent is very sick -Pet passed away	I can: cry, tell a teacher, go to the nurse, feel sad, worried or scared
3	Big -Someone didn't respect your personal space -Feel really sick -Someone is destroying your or classroom property	I can: tell a teacher, go to the nurse, feel frustrated or disappointed
2	Medium -Forgot homework -Argued with a friend -Someone was mean to you or is bugging you -Lost recess time	I can: take a break, use an i-message or a meaningful apology, feel irritated, frustrated or disappointed
1	Small -Got a toy taken away -Someone cut in front of you in line -Stuck on a problem or assignment -Working with someone you don't like	I can: take a deep breath, take a break, use an i-message, try a different strategy, feel irritated, frustrated or disappointed
0	Glitch -Don't have a pencil -The teacher didn't call on me -Not first in line	I can: borrow a pencil, feel disappointed