

How BIG is My Problem?

5

Emergency - you need help from an adult. Ex: someone falls off the slide, there's a fire, earthquake, etc.

4

Gigantic Problem - you need adult assistance. Ex: someone is bullying/hurting you, you are bleeding.

3

Medium Problem - you may need a little help from an adult. Ex: you feel sick, you have to do something you don't want to do, someone teased you

2

Little Problem - you can solve this independently. Ex: not being a helper, having to wait a turn

1

Glitch - you can ignore the problem and move on. Ex: someone cut in line, you dropped your pencil, you made a mistake on your work, etc.

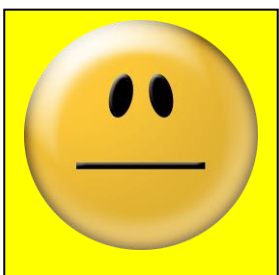
I can...



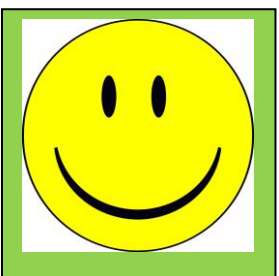
Emergency -I can: immediately get help from an adult, cry, feel scared, call 9-1-1



Gigantic Problem - I can: feel angry or sad, cry, tell my teacher, go to the nurse



Medium Problem - I can: feel sad or frustrated, take a break, use my words, walk away



Little Problem - I can: feel annoyed or sad, use my words, try again



Glitch - I can: remain calm, take a deep breath, ignore, try again