

# HOW BIG IS MY PROBLEM?

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## Emergency

- Earthquake, tornado, fire, or other danger
- Broken bone
- Someone's hurting you

**I can:** cry, scream, call for help, feel worried or scared

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## 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

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## 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

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## 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

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## 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

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## Glitch

- Don't have a pencil
- The teacher didn't call on me
- Not first in line

**I can:** borrow a pencil, feel disappointed

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This poster can help students learn to gauge the size of their problem and choose an appropriate response.

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