

# HOW BIG IS MY PROBLEM?

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