|  |  |  |
| --- | --- | --- |
| **How BIG is this Problem?** | | |
| **5** | **Emergency**  -Tornado, fire, other natural disaster  -Broken bone  -Someone is hurting you | I can cry, scream, call for help, feel worried or scared. |
| **4** | **Huge**  -Hurt or bleeding  -Family member is very sick  -Pet passed away | I can cry, tell an adult, feel sad, worried, scared, frustrated, or disappointed. |
| **3** | **Big**  -Someone violated personal space  -Feel sick  -Someone destroyed your property | I can cry, tell an adult, feel sad, frustrated, or disappointed. |
| **2** | **Medium**  -Forgot your homework  -Argument with a friend or family member  -Someone bothered you or made you mad | I can take a break, use “I-Messages” to explain how I feel, feel irritated, frustrated, or disappointed. |
| **1** | **Little**  -Someone budged in line  -Stuck on school work  -Work with someone you don’t like | I can take a break, use “I -Messages” to explain how I feel, feel irritated, frustrated, or disappointed. |
| **0** | **Glitch**  -Not first in line  -Can’t find a pencil  -Didn’t get called on | I can use my words and explain why I feel frustrated. |