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| **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. |