

How BIG is this Problem?

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