

How big is my problem?

5	Emergency <ul style="list-style-type: none"> • Earthquake, fire • Broken bone • Someone is hurting you 	I can <ul style="list-style-type: none"> • Cry, scream, call for help, feel worried, cry
4	Gigantic <ul style="list-style-type: none"> • Hurt or bleeding • Parents are divorcing • Family member is sick • Someone passed away 	I can <ul style="list-style-type: none"> • Cry, tell a teacher, worry and ask for help, be sad
3	Big <ul style="list-style-type: none"> • Someone didn't respect your personal space • Feel really sick • Someone is wrecking your stuff 	I can <ul style="list-style-type: none"> • Tell a teacher, feel frustrated, take a break, feel frustrated or disappointed
2	Medium <ul style="list-style-type: none"> • Forgot homework • Argued with a friend • Someone was mean to you or is bugging you • Last recess time 	I can <ul style="list-style-type: none"> • Take a break, talk it out, use an i-message, make an apology, feel irritated, frustrated or worried
1	Small <ul style="list-style-type: none"> • Someone cut in front of you in line • Got something taken away • Stuck on a problem or question • Working with someone you don't like 	I can <ul style="list-style-type: none"> • Take a deep breath, take a break, use an i-message, try a different strategy, feel frustrated or irritated
0	Glitch <ul style="list-style-type: none"> • Don't have a pencil or pen • Teacher didn't call on me • Not first in line 	I can <ul style="list-style-type: none"> • Borrow a pencil or pen, feel disappointed, take a deep breath