






## How Big Is My Problem?

	The <b>Z</b> one of my Problem	What I Can Do	
<b>5</b> <b>Huge</b>	<ul style="list-style-type: none"> <li>-You are in danger</li> <li>-Fire</li> <li>-Earthquake</li> <li>-Injury</li> </ul>	<ul style="list-style-type: none"> <li>-Get help right away</li> <li>-Find a safe place</li> </ul>	
<b>4</b> <b>Big</b>	<ul style="list-style-type: none"> <li>-Hurt myself or someone else</li> <li>-Sick</li> <li>-Losing control</li> <li>-Being bullied</li> </ul>	<ul style="list-style-type: none"> <li>-Go to parent, teacher or nurse</li> <li>-take a break</li> <li>-use calming strategy/corner</li> <li>-Apologize</li> </ul>	
<b>3</b> <b>Medium</b>	<ul style="list-style-type: none"> <li>-Some one was in your personal space</li> <li>-You feel sad</li> <li>-Someone is not respecting your materials/property</li> </ul>	<ul style="list-style-type: none"> <li>-Take a break</li> <li>-Tell the other person how you're feeling</li> <li>-Use a calm down strategy/corner</li> </ul>	
<b>2</b> <b>Small</b>	<ul style="list-style-type: none"> <li>-Forgot your homework</li> <li>-Argued with a friend</li> <li>-Someone is bothering me</li> </ul>	<ul style="list-style-type: none"> <li>-Use a calming strategy/corner</li> <li>-Take a break</li> </ul>	
<b>1</b> <b>Tiny</b>	<ul style="list-style-type: none"> <li>-I got a privilege taken away</li> <li>-Stuck on a problem/task</li> <li>-Working with someone you do not prefer to work with</li> </ul>	<ul style="list-style-type: none"> <li>-Use a calming strategy/corner</li> <li>-Take a break</li> <li>-Use a different Strategy or ask for help</li> </ul>	
<b>0</b> <b>Micro</b>	<ul style="list-style-type: none"> <li>-I lost my pencil</li> <li>-Someone cut me in line</li> <li>-I was not called on by the teacher</li> <li>-Another student is using something I wanted to use</li> </ul>	<ul style="list-style-type: none"> <li>-Borrow supplies from a friend</li> <li>-Use a calming strategy</li> </ul>	