

# How Big is My Problem?

5

## Emergency

You definitely need help from a grownup (fire, someone is hurt and needs to go to the hospital, a car accident, danger).



4

## Gigantic problem

You can change with a lot of help (getting lost, hitting, kicking, or punching a friend, throwing or breaking things, bullying).



3

## Big problem

You can change with some help (someone is mean to you or takes something that is yours, a minor accident, needing help calming down).



2

## Medium problem

You can change with a little help (feeling sick, tired, or hungry, someone bothering you, being afraid, needing help).



1

## Little problem

You can change with a little reminder (not being line leader, not winning a game, not taking turns, making a mess).



0

## Glitch

You can fix yourself (changing clothes, cleaning up toys, forgetting favorite toy or blankie).

