

How Big is My Problem?

5	Emergency, Tragedy, Danger	Crying uncontrollably, Very Upset, Scared	
4	People talking about you, someone hits you	Crying, Very Sad, Mad, Frustrated	
3	Having to work with someone you don't like, receiving consequences for unexpected behavior	Nervous, Sad, Irritated, Disappointed	
2	Not being first in line, having to wait or take turns	Uncomfortable, Disappointed	
1	No Real Problem	Happy, Calm, Relaxed	

The size of my REACTION should match the size of the PROBLEM!

***Don't overreact 😊**