

Size of the Problem:

*When Emotions Feel Bigger
Than the Problem*



3rd Grade
Unit 2.2 Regulation
Lesson 6



Class Connect



If you could be anything in
the world, what would you
be and why?



Review

emotion

👏 e·mo·tion 👏

synonyms-
feeling, affection

antonyms-
numbness, indifference



sensation

👏 sen·sa·tion 👏

synonyms-
awareness, feeling, response

antonym- numbness

**TODAY'S
LESSON**

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Why are we learning this?

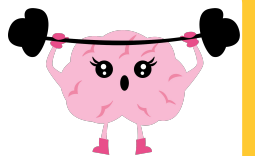
Regulation



Adaptability



Perseverance



definition

- how much a problem will affect you, others, and the environment

size of a problem

👏 size • of • a • prob•lem 👏

synonym- level of impact

antonym- harmless

examples

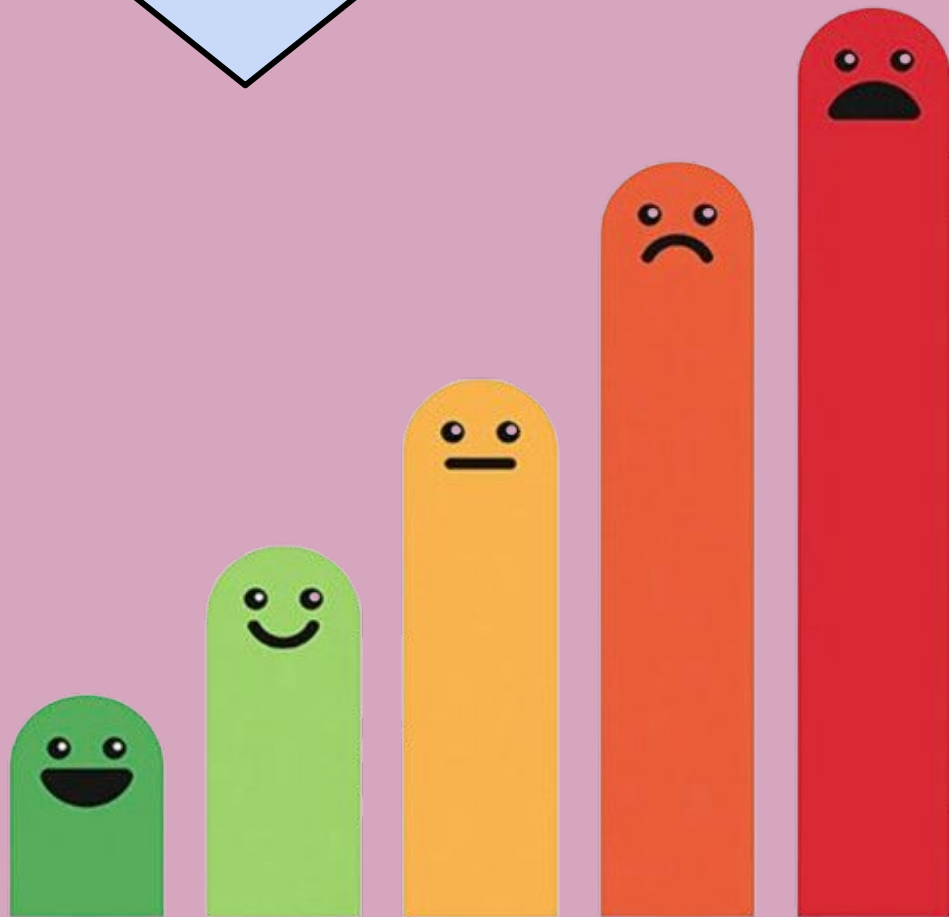
- **tiny**
 - your pencil lead broke
- **little**
 - someone cut you in line
- **medium**
 - you forgot your homework
- **big**
 - you missed the bus
- **huge**
 - you fell and broke your wrist

question

- You left your backpack on the bus. What **size of a problem** is this? How do you know?

non-examples

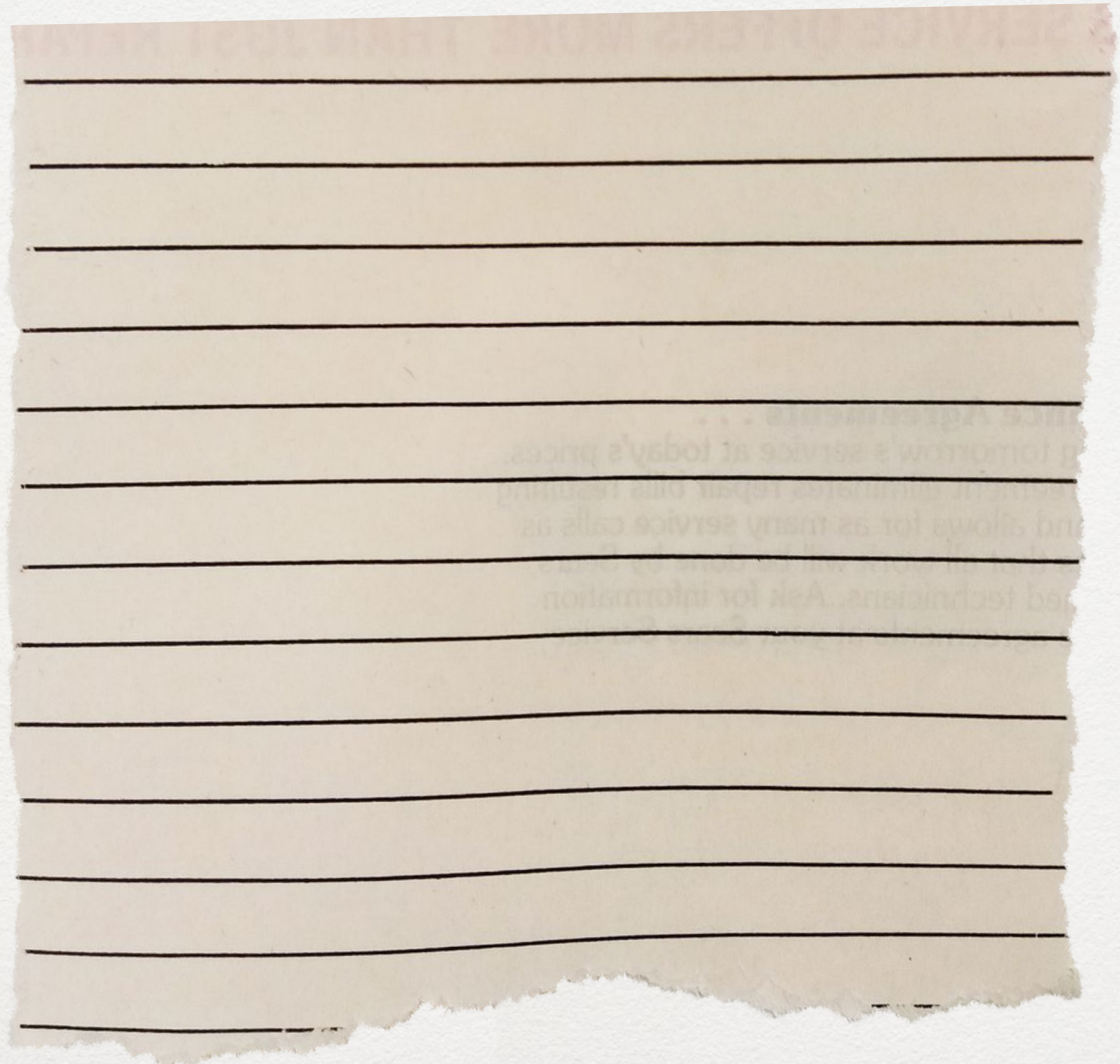
- Nothing goes wrong or unexpectedly all day long. 😊



What to do when emotions feel bigger than the problem?

Typically when we have a problem, we first want to make sure to identify whether that problem is small, medium, or big.

After knowing the size of the problem, our reaction is supposed to match. If our reaction doesn't match we will need to reassess the situation.





Problems Come
in Different
Sizes: A
Social Story

The Strategies to Help Control Our Big Emotions

1

Identify our Feeling

To help identify our feeling, we can look for clues as to how we may be feeling through body awareness.

2

Use a Calming Tool

Chose a coping strategy to help regulate

3

Move Forward

After you have regulated, move forward from the situation

Movement Break



Activity Time

It is up to you to decide as a team what the size of the problem is and what would be the appropriate reaction!



Peace Out



**How can we help ourselves
when our emotions feel bigger
than the problem?**

Guardian Extension



- + Act out how to respond to each size of problem in a appropriate way.

Teacher Extension



- + Act out how to respond to each size of problem in a appropriate way.

Credits

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