

A graphic of a spiral-bound notebook with a teal cover and white pages. The spiral binding is on the left side, with the wire looping through a series of holes. The notebook is open to a page with a light blue background and faint horizontal dotted lines. The title text is centered on the page.

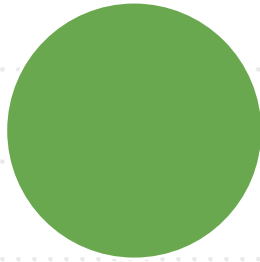
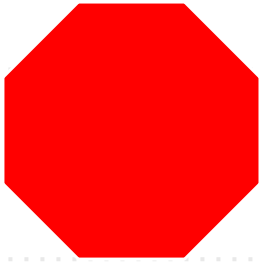
Managing Big Emotions: Size of the Problem

2nd Grade
Unit 2.2 Regulation
Lesson 6

Class Connect



Review



zones of regulation



zones • of • reg•u•la•tion



synonym-

categories of emotions

antonym- impulsivity

**Today's
Lesson**

Managing Big Emotions: Size of the Problem

2nd Grade
Unit 2.2 Regulation
Lesson 6

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 • problem

synonym- level of impact

antonym- harmless

examples

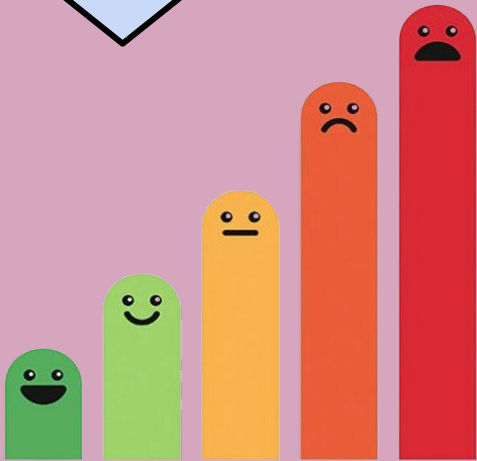
- **tiny**
 - your pencil lead broke
- **little**
 - someone cut you in line
- **medium**
 - you forgot your homework
- **big**
 - you missed the bus
- **huge**
 - you fell and broke your wrist

question

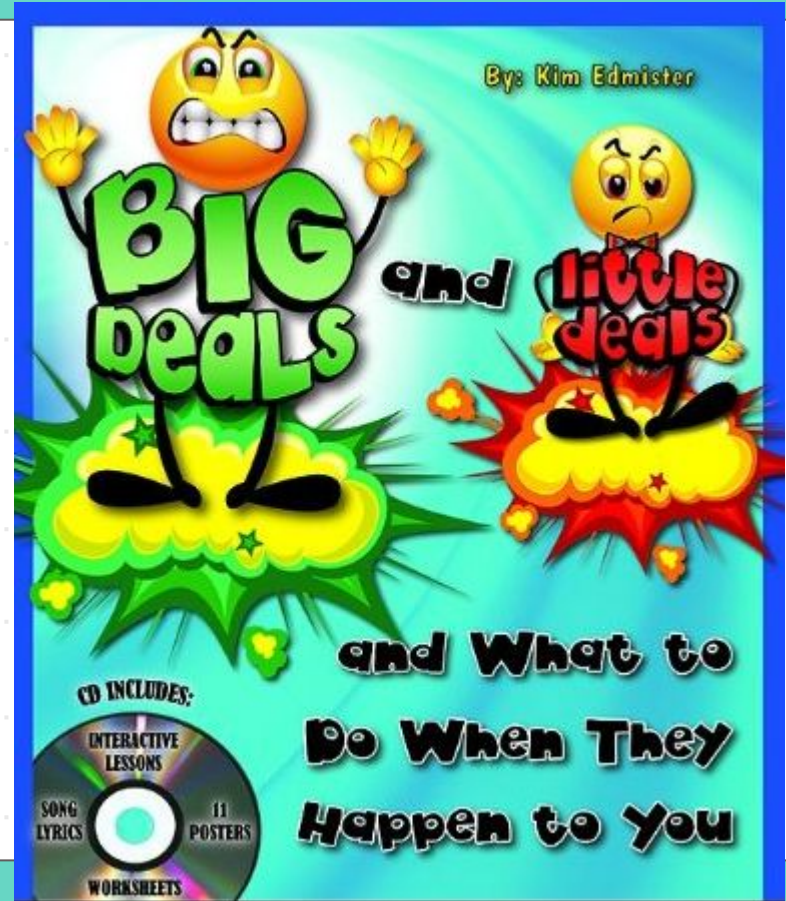
- You left your backpack on the bus. What **size of a problem** is this?
How do you know?

non-examples

- Nothing goes wrong or unexpectedly all day long.
😊



**Let's
Read
Together**



In life, there are

BIG DEALS

and
there are

little deals.



You need to know what they are in order to know
what to do when they happen.

This book will teach you everything you need to know about

BIG DEALS and **little deals.**

Lots and lots and lots of **little deals**
happen every single day! Look at all of them!

little deals
can happen at home

little deals
can happen at school

little deals
can happen ANYWHERE

little deals
happen to children.

little deals
happen to teenagers

little deals
happen to grown-ups



little deals happen to EVERYONE!

BIG DEALS are different.
BIG DEALS don't happen very often.

Most days, they don't even happen at all!

These are the
kinds of things that are
BIG DEALS:



Hurts



Someone hurts your body on purpose — hit, kick, pinch, push, bite, scratch, pull hair

Dangerous



Something that can seriously hurt or kill

Worried or afraid



Worried that something horrible is going to happen to yourself or someone else

When a **BIG DEAL** happens, it is an

EMERGENCY

and you need to get help from a grown-up right away!



Green is a clue to help you
remember what to do!

Did you notice that the
BIG DEALS
are in **GREEN**?

GREEN
helps you
remember to...
GO REPORT

Tell a
caring
adult

**GO
REPORT**



BIG DEALS are important!

BIG DEALS are emergencies!

Grown-ups take care of **BIG DEALS**.

little deals
are things like...



Bothering



Hurt Feelings



Some examples of **little deals** that happen are when someone:

- ...whistles loudly in your ear
- ...sits in your spot
- ...says something unkind
- ...won't share
- ...won't take turns

- ...is making a mean face
- ...cuts in front of you in line
- ...bumps into you by accident
- ...says, "I'm telling!"
- ...is not following directions

Can you think of more?

Intense deans
are considered "little" because



Intense deans do NOT hurt your body.



Intense deans are NOT dangerous.



Intense deans do NOT make you feel worried or afraid.

Whenever a **little deal** happens, you have an important job.



Red is a clue to
help you remember
what to do!

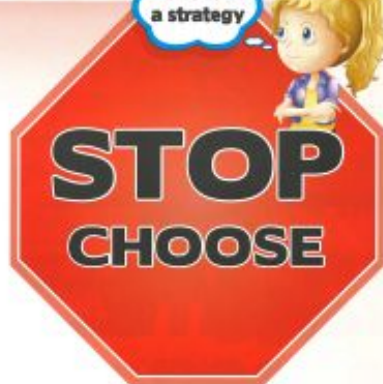
Did you notice that the

little deals
are in **RED**?

Choose
a strategy



RED
helps you
remember to...
STOP and
CHOOSE



When a **little deal** happens,
your job is to stop and choose a
strategy to handle it yourself.



STRATEGY
GENTLE VOICE

Show respect by using a
GENTLE VOICE

Words that sound...

GENTLE and **NOT GROUCHY**



It sounds like this...

"Could you please stop tapping your pencil? That noise is bothering me."



NOT like this...

"STOP banging your pencil on the desk. You are driving me **CRAZY!**"

When it is a **Means deal** and your **GENTLE VOICE** doesn't fix the problem, should you go to a grown-up? **NO!**

Remember? You are in charge of your own **Means deals!!!**

Grown-ups are in charge of

BIG DEALS



If one strategy doesn't work, you can choose another one!

You might choose to **IGNORE**.

There are three steps to **IGNORING**. Do you know them?



STRATEGY

IGNORE

Three steps to IGNORING

1. Don't Look

Look away or turn your back.



2. Don't Listen

Pretend your ears can't hear.



3. Don't Talk

Say no words and make no sounds.

When a **Big Deal** happens and **IGNORING** doesn't fix the problem, should you go to a grown-up? **NO!**

Remember? You are in charge of your own **Big Deals**!!

Grown-ups are in charge of

BIG DEALS



So, what should you do??

You can choose another strategy!

You can move your body away from the person who is bothering you or hurting your feelings.

Do you know what it is called when you move your body away from someone when you are sitting on the floor?
What if you are standing up?



STRATEGY
SCOOTCH OR WALK AWAY

Were you right?
SCOOTCH or WALK AWAY



SCOOTCH

Move your body away
from someone when you
are sitting on the floor.

WALK AWAY

Move your body away
from someone when you
are standing.





There may be times when your
brain knows that something
is a ~~little deal~~
but your heart feels like it is a

BIG DEAL



When that happens...



STRATEGY

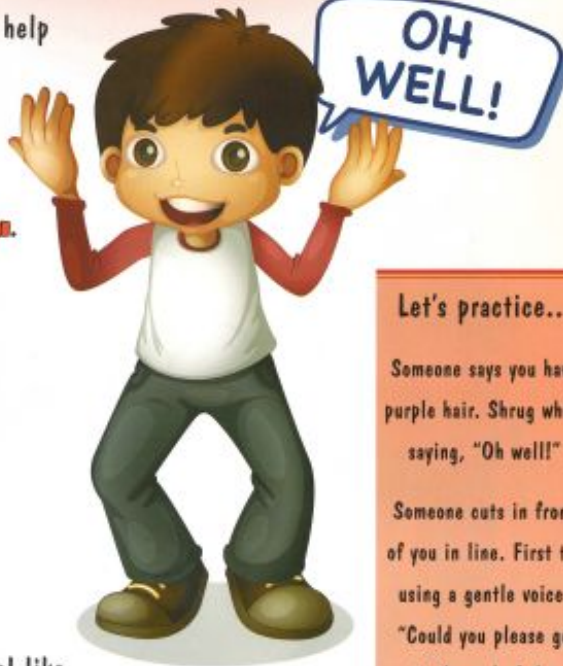
OH WELL!

Point your shoulders up to the sky and say, "OH WELL!"

Doing that will help
your brain tell
your heart
that it really
IS a **little deal**.

Can you think
of times when
little deals feel like

BIG DEALS?



Let's practice...

Someone says you have
purple hair. Shrug while
saying, "Oh well!"

Someone cuts in front
of you in line. First try
using a gentle voice.
"Could you please go
to the end of the
line?" If that doesn't
work, shrug and say,
"Oh well!"



STRATEGY
**DON'T DO
IT BACK!**

Whenever someone says or does
something that isn't kind...
DON'T DO IT BACK!

**DON'T DO
IT BACK!!!**



People who
remember this
understand that...

Bothering or hurting someone back never solves
the problem. It usually makes things worse!

This strategy can keep you out of trouble.

Strategies for handling little deals



IGNORE



Hurts



Dangerous



Worried
or Afraid



Tell a
caring
adult

**GO
REPORT**



GENTLE
VOICE

SCOOTCH

WALK
AWAY

IGNORE

1. DON'T LOOK

2. DON'T LISTEN

3. DON'T TALK

OH
WELL!

I'm in charge
of me!

DON'T DO
IT BACK!!!

NOT SURE?



**GO
REPORT**



Bothering



Hurt
Feelings



Choose
a strategy

**STOP
CHOOSE**

Someone is
not Following
Directions or
Rules



CLASSROOM RULES

Use walking feet
Raise your hand
Be your best

Follow directions
Listen carefully
Talk quietly

Movement Break



Activity Time



Small Problem

Speed bump!

You can usually solve this problem by yourself or just ignore it

These problems might make you feel a tiny bit annoyed or disappointed

These problems can be solved quickly and easily

Medium Problem

Detour ahead!

You will probably need an adult to help you solve this problem

These problems might make you feel upset, hurt, or very frustrated

These problems can take a little bit longer to solve

BIG Problem

The bridge is out!

You need help from an adult or community helper ASAP to solve this problem

These problems might make you feel terrified, distraught, or seriously upset

These problems can last for a long time and can be hard to solve

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10:00

COUNTDOWN

Review of what we learned

Small Problem



Medium Problem



Big Problem



I may need to talk
to an adult several
times to solve the
problem

Peace Out

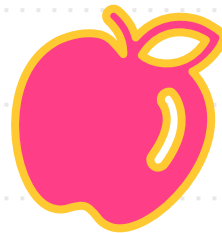


Guardian Extension

- What is the size of the problem in the video clips?
- Discuss with your child a time that you overreacted to a problem? How could you have reacted differently?
- Discuss a time when your reaction to a problem was not big enough, perhaps you froze or ignored the problem rather than taking action. How could you have reacted differently?



Teacher Extension



It's a problem...What am I going to do?

Size of the Problem Scenarios

Small Problem



I can take action
and solve the
problem on my
own



Medium Problem



I can do it
with the help
of an adult



Big Problem



I may need to talk
to an adult several
times to solve the
problem

