



Managing Emotions:

Sizes of Problems

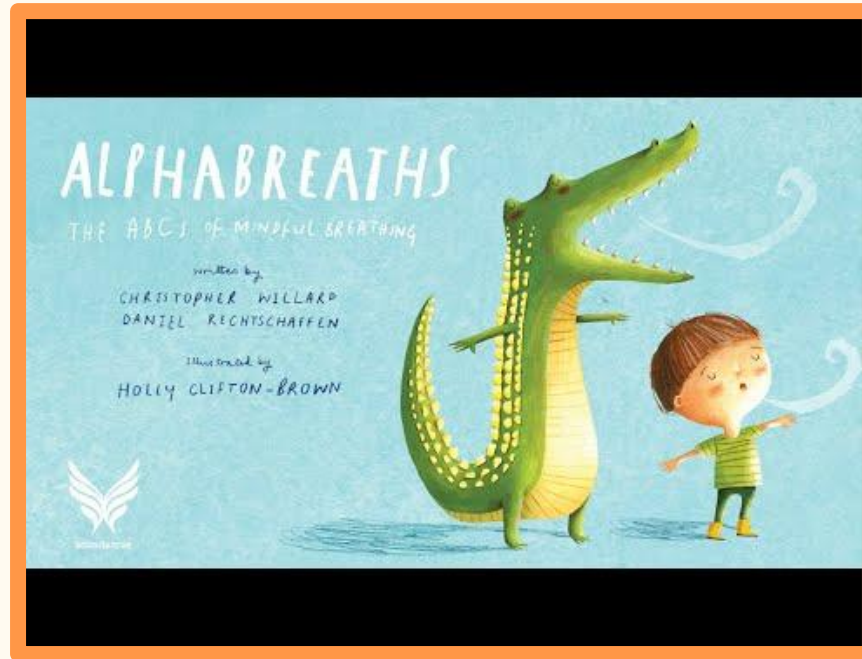
Kindergarten

Unit 2.2 - Neuroscience

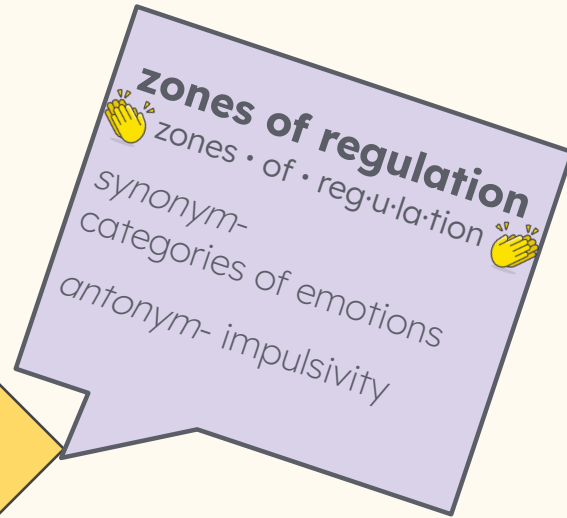
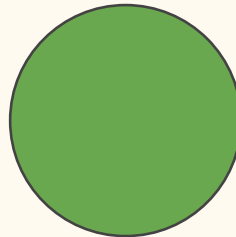
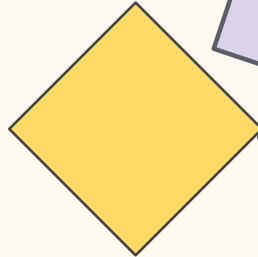
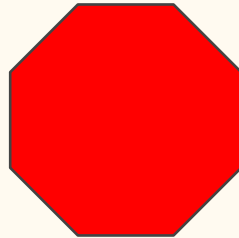
SEL Lesson #6



Class Connect



Let's Review



Why is today's lesson important?

Parts of My Brain



Regulation

"I can recognize and manage my emotions."



Perseverance

"I can demonstrate endurance and capacity to complete tasks."



Collaboration

"I can work well with others in a team."

definition

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

size of a problem

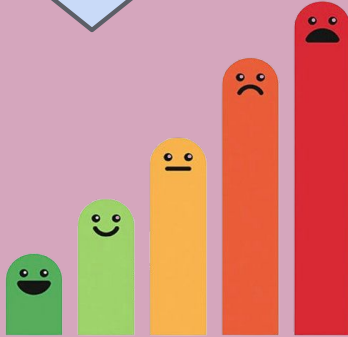
size • of • a • prob • lem

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

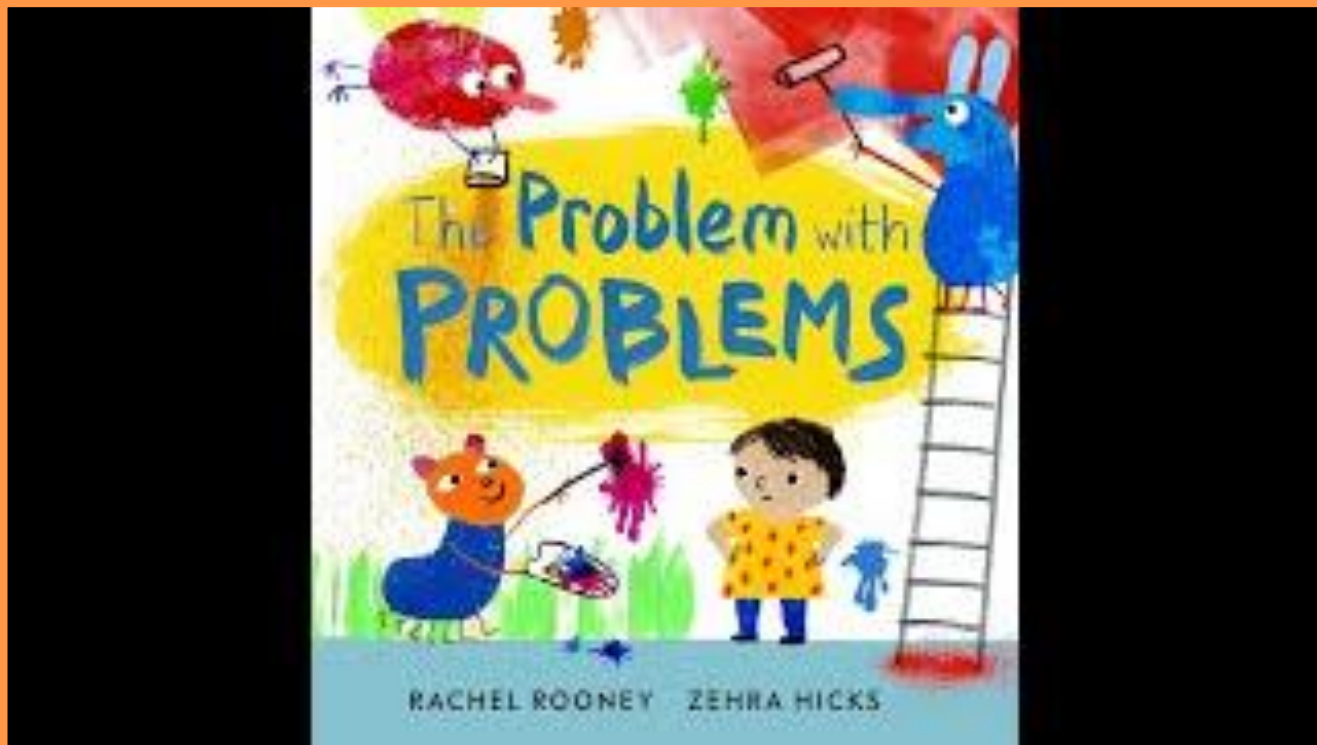


question

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

non-examples

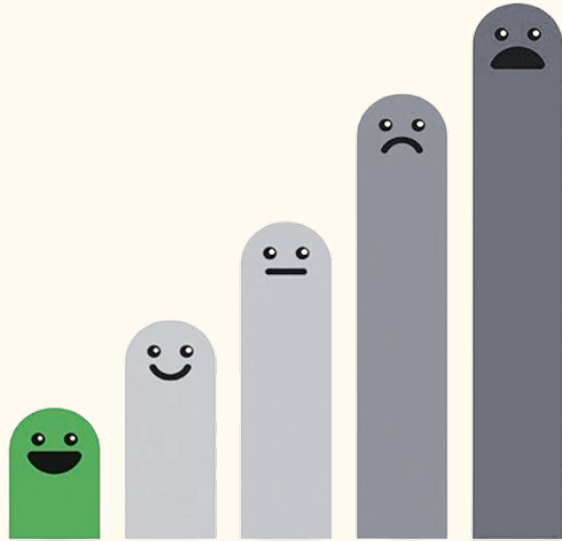
- Nothing goes wrong or unexpectedly all day long. 😊



Not all problems are the same.

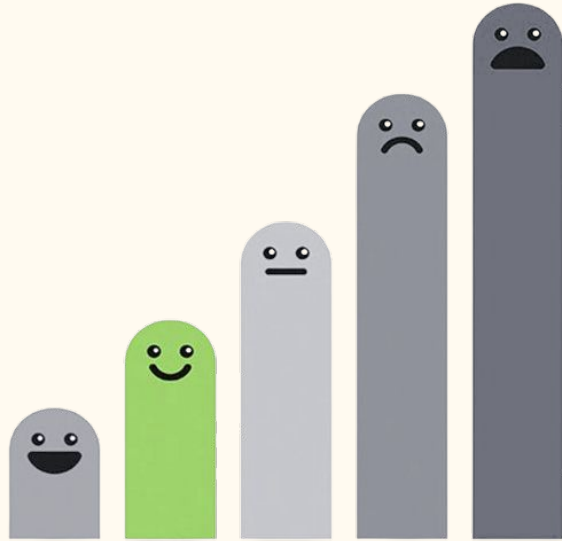
- Understanding the size of a problem helps us
 - know steps to take to solve problems.
 - avoid growing problems by having too big of a reaction.
 - ensure we are getting help when we need it!

Tiny problems



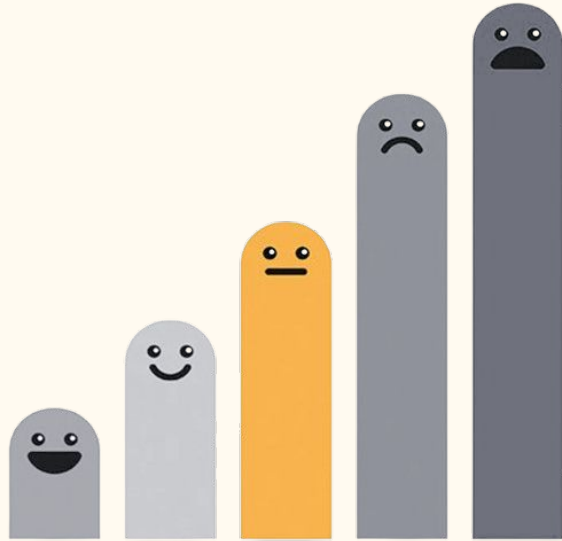
- A tiny problem is when we can either keep going without giving it attention or we can solve it on our own very easily.
- When we have a tiny problem, we can take a deep breath and keep going with our day.

Small problems



- A small problem is when something is fixable with little effort.
- When we have a small problem, we can take a deep breath and solve the issue.
- We may feel disappointed, and that's okay-but we can work through it.

Medium problems



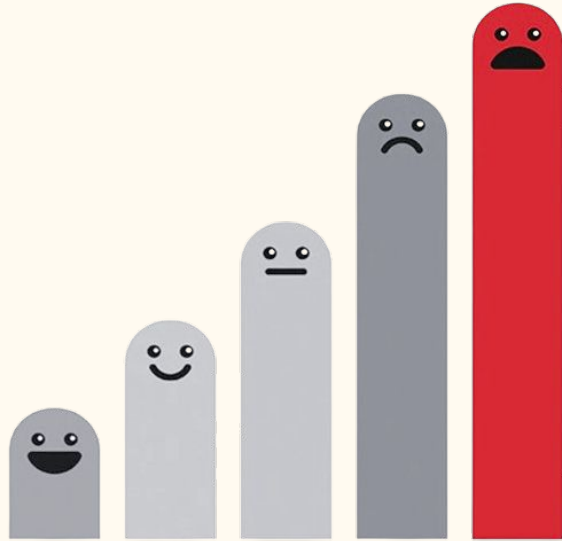
- A medium problem is something upsets or hurts our feelings.
- When we have a medium problem, we need to take a step back to regulate.
- When we are ready we can talk through the problem to work through it.
- We may need some help or advice.

Big problems



- A big problem is when we need help from a grown up.
- In a big problem, we are still safe-but we may be overwhelmed and coping skills aren't working.
- A big problem gives us big feelings.

Huge problems



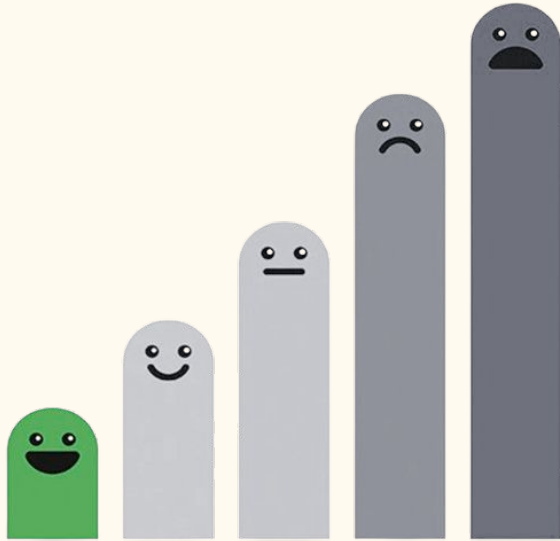
- A huge problem is when there is an emergency.
- Someone is in need of help, hurt, or in danger.
- Huge problems should be handled by adults who know how to solve the problem.

Movement

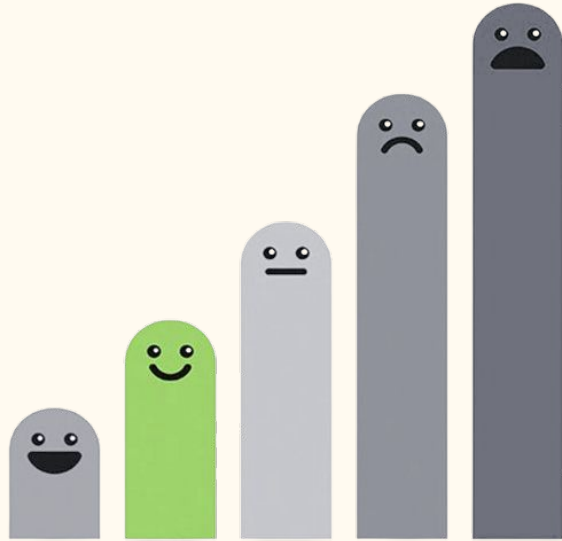


Tiny problems

- A pencil falls on the floor.
- My crayon breaks.
- I made a little mistake on my paper.

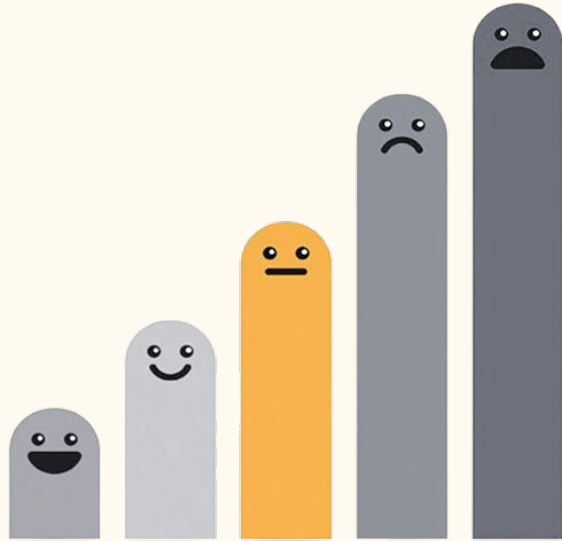


Small problems



- Someone accidentally knocks over my blocks.
- I can't find the red marker and I need one for the assignment..
- A friend doesn't want to play with me.

Medium problems



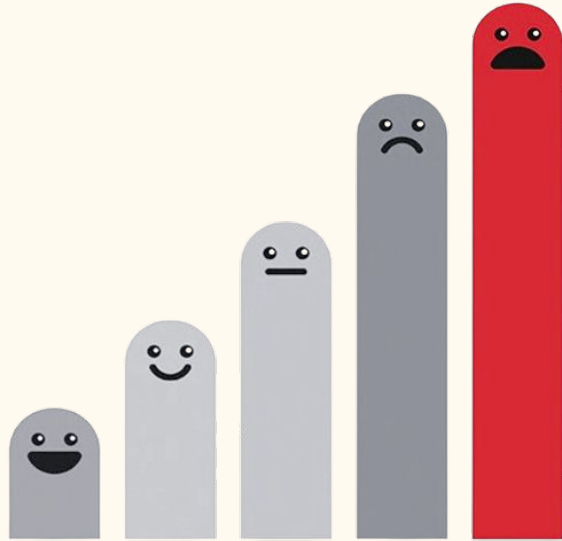
- A friend is saying mean things to me.
- I can't find my backpack.
- I spill my lunch on the floor.

Big problems



- I fall on the playground and scrape my knees and hands.
- Someone is being mean repeatedly, on purpose, after I've asked them to stop.
- I get separated from my class on a field trip.

Huge problems



- A huge problem is when there is an emergency.
- Someone is in need of help, hurt, or in danger.
- Huge problems should be handled by adults who know how to solve the problem.

Activity



Activity

What is the size of the problem?



tiny



small



medium



big



huge

What is the size of the problem?

There is a fire!



tiny



small



medium



big



huge

- What is the size of the problem?

There is a fire!



huge

What is the size of the problem?

Someone gets in front of me in line.



tiny



small



medium



big



huge

- What is the size of the
- problem?

*Someone gets in front
of me in line.*



small

What is the size of the problem?

Someone fell off the playground and is crying really hard.



tiny



small



medium



big



huge

What is the size of the problem?

Someone fell off the playground and is crying really hard.



big

What is the size of the problem?

I can't find my class after leaving the bathroom.



tiny



small



medium



big



huge

What is the size of the problem?

I can't find my class after leaving the bathroom.



tiny



small



medium



big



huge

What is the size of the problem?

My block tower fell over.



tiny



small



medium



big



huge

- What is the size of the
- problem?

My block tower fell over.



tiny

Peace Out



Teacher Extension

- Read Size of the Problem Scenarios one at a time to class.
- Discuss if the problem is small, medium, or big.
- After determining the size, discuss what next steps would be to solve the problem.

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

Guardian Extension

Size of Problem vs. Size of Reaction



- We can experience different emotions with different sizes of problems. Our emotions and behavior should ideally match the size of the problem.
- 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?



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