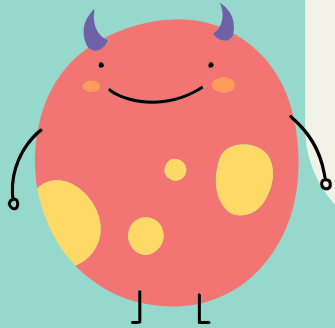




Managing Big Emotions: Size of Our Reaction

1st Grade
Unit 2.2 – Regulation
Lesson 6



Class Connect



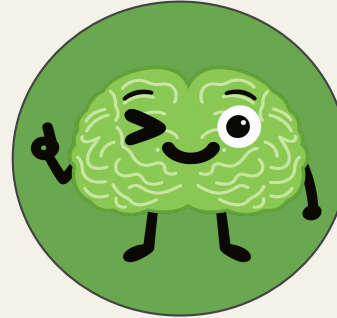
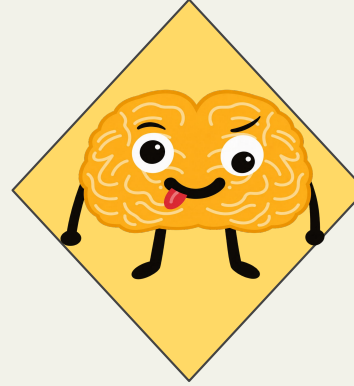
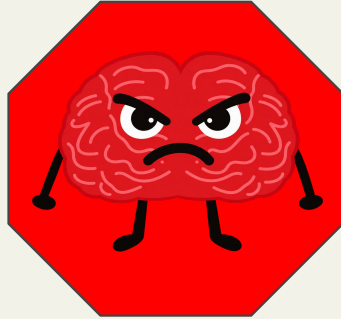
Review

emotion

👏 e·mo·tion 👏

synonyms-
feeling, affection

antonyms-
numbness, indifference



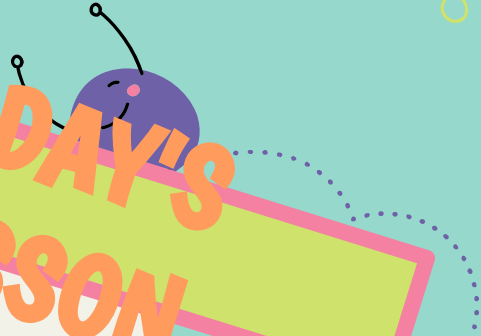
zones of regulation

👏 zones · of · reg·u·la·tion 👏

synonym-
categories of emotions

antonym- impulsivity





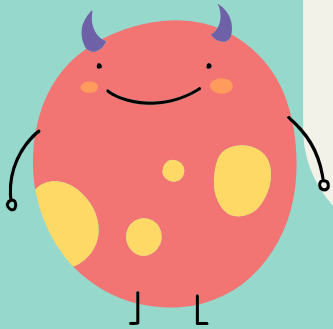
TODAY'S
LESSON



Managing Big Emotions

Size of Our Reaction

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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

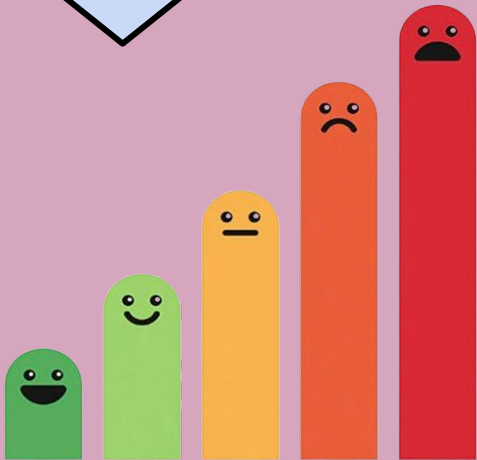
size • of • a • problem

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.
😊

Size of the

Problem



emergency



big problem



medium problem



small problem



tiny problem





tiny problem ☹️

- I can solve the problem on my own fairly easily!
- I made a mess.
- My pencil lead broke.
- I tripped, but caught myself and didn't fall.



Problems Come
in Different
Sizes: A
Social Story





small problem



- I can solve the problem on my own.
- I may need some reminders, but I got this!
- My friend and I both want the same toy.
- I am hungry or tired.
- Someone is annoying me.



medium problem



- I can fix the problem with a little bit of help.
- I'm having a conflict with someone.
- I feel worried or scared.
- I am feeling sick.



big problem



- I can solve the problem with a lot of help.
- I am overwhelmed.
- I have tried coping skills and it's not working.
- Someone is still being mean repeatedly after I've told them to stop and tried three conflict resolution skills.



emergency



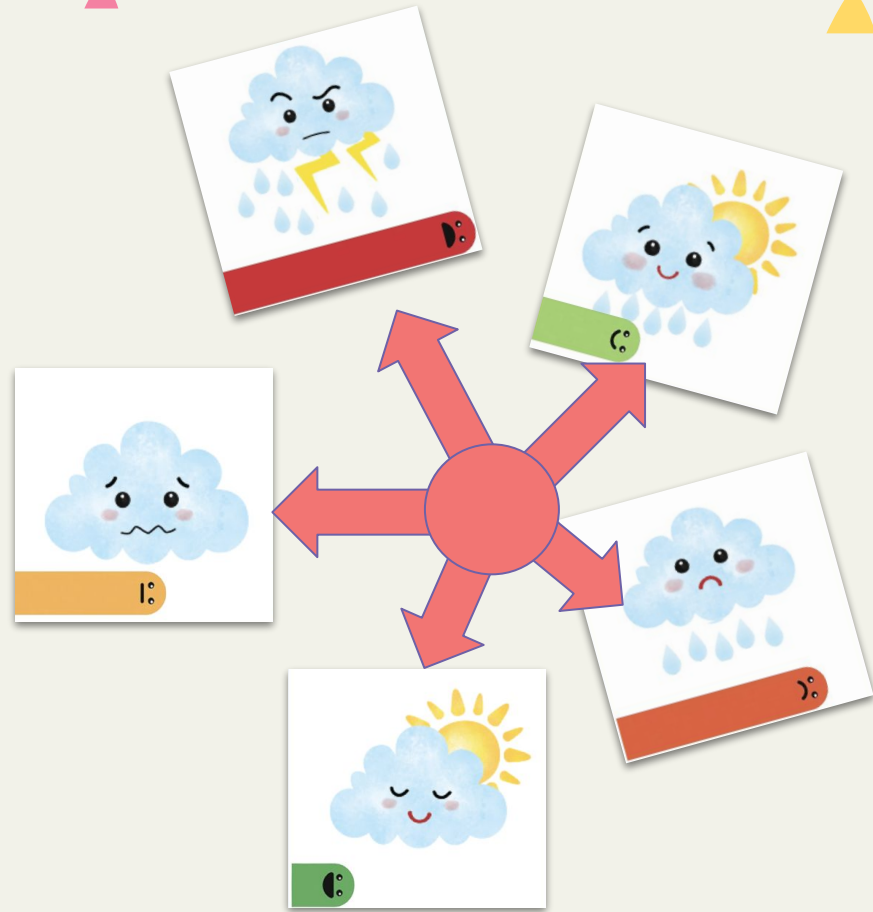
- I need immediate help.
- I am hurt or in danger.
- Someone else is hurt or in danger.

▲ Movement Break



Activity Time

Match the size of the problem & the reaction!



Problem

You broke your pencil, but you have another one.



tiny problem



Reaction

You get out a new pencil and continue with your work.



tiny problem



Problem

You broke your pencil, but you have another one.



tiny problem

MATCH



Reaction

You get out a new pencil and continue with your work.



tiny problem

Problem

○ You were late. You missed part of a lesson and feel confused on the assignment.



medium problem



Reaction

You guess on the answers and turn your paper in to the teacher.



tiny problem



Problem Reaction

Not Match

- You were late. You missed the first 10 minutes of the answers part of a lesson and felt nervous. You had to turn your paper in to the teacher, confused on the assignment.



medium problem



tiny problem

Problem

You were late. You missed part of a lesson and feel confused on the assignment.



medium problem



Reaction

You ask the teacher for help so they can catch you up on what you missed!



medium problem



Problem

- You can't find your purple crayon and you need it for an assignment.



small problem



Reaction

You panic and cry because you think that you for sure will get in trouble from the teacher.



medium problem



Problem Reaction

Not Match

You can't find your pencil and you should cry because you lost it. You need it for your assignment. You think that you for sure will get in trouble from the teacher.



small problem



medium problem

Problem

- You can't find your purple crayon and you need it for an assignment.



small problem



Reaction

Ask a friend for if you can share crayons.



small problem



Problem

Someone fell off the monkey bars and is crying really hard.



big problem



Reaction

You go get a teacher so they can make sure the student gets what they need.



big problem

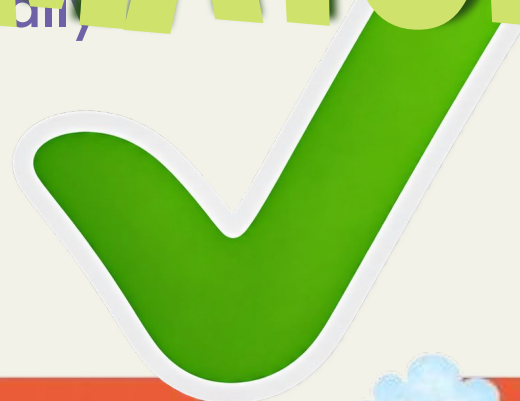


Problem

Reaction

MATCH

Someone fell off the monkey bars and is crying really hard. To get a teacher so they can make sure the student gets what they need.



big problem

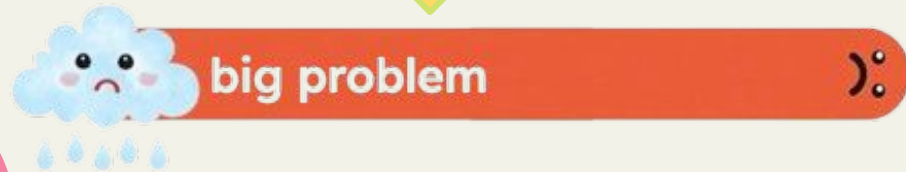


big problem



Problem

Someone keeps bothering you
even after you have asked
them to stop. It makes you not
want to come to school.



Reaction

Ignore them.



Problem Reaction

Not Match

Someone keeps bothering you
even after you have asked them to stop. It makes you
want to come to school.



big problem



tiny problem



Problem

Someone keeps bothering you
even after you have asked
them to stop. It makes you not
want to come to school.



big problem



Reaction

Ask a grown up you trust for
help.



big problem



Problem

You return to your classroom
from a bathroom break and
your room is empty. You don't
know where they went.



medium problem



Reaction

Run screaming down the hall
for help.



big problem



Problem Reaction

Not Match

You return to your classroom after searching down the hall for help.
○ from a bathroom break your room is empty. You don't know where they went.



medium problem



big problem



Problem

You return to your classroom
○ from a bathroom break and
your room is empty. You don't
know where they went.



medium problem



Reaction

Stop and think. If you know where
they are in the schedule, go to
that location. If you do not know,
find the nearest adult for help.



medium problem



Peace Out



Guardian Extension



- Watch video with your student(s) to review concept of size of problems and size of reactions.
- Brainstorm with your child(ren) problems that they may face at home or in the community.
 - What size are those problems?
 - What are appropriate reactions to match the size?



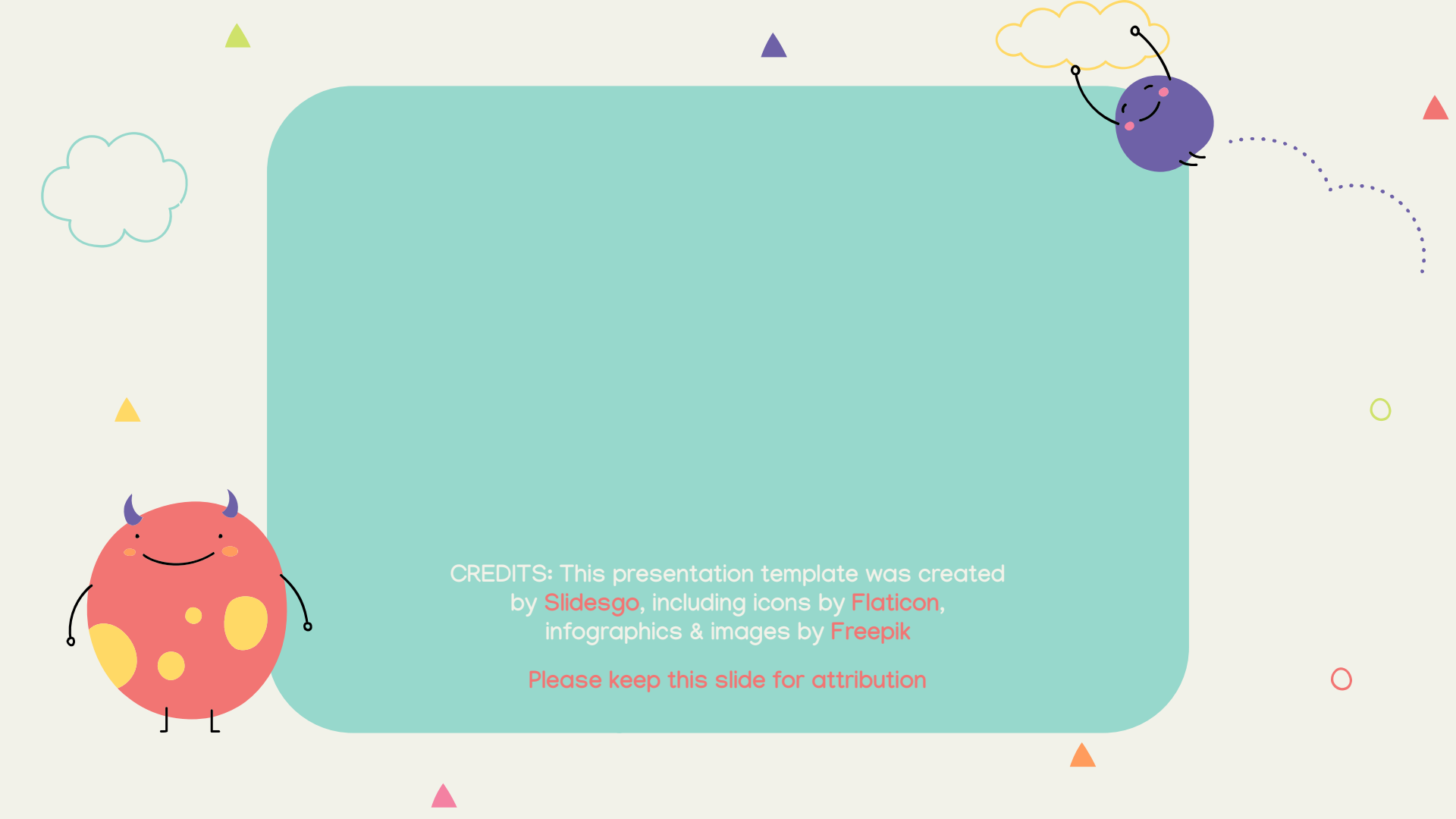
Teacher Extension



When you detect a small
problem you can stay calm
and solve the problem by

Watch together
and discuss the
sizes of problems
& reactions





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