

How Big Is My Problem

Emergency

You need help from a grownup.
A fire, someone is hurt and needs to go to the hospital, a car accident, danger.



Scared
Hurt
Very Upset
Crying a lot

Gigantic Problem

You can change with a lot of help.
Getting lost, hitting or kicking a friend, throwing or breaking things.



Worried
Confused
Crying
Mad

Big Problem

You can change with some help.
Someone is mean to you, takes something of yours, a small accident, help calming down.



Nervous
Frustrated
Confused
Sad

Medium Problem

You can change with a little help.
Feeling sick, tired or hungry, someone is bothering you, feeling afraid, having to wait.



A little worried
Annoyed
Uncomfortable
Disappointed

Tiny Problem

You can change with a reminder or fix yourself.
Not winning, taking turns, making a mess, cleaning up toys, forgetting a toy.



Calm
Confident
Safe