

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.

5

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.

4

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.

3

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.

2

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.

1

Calm
Confident
Safe