

# How Big is My Problem?

## Tiny Problem "Glitch"

- \*1-2 people affected
- \*5-15 min to solve
- \*only lasts a few minutes
- \*kids can solve or maybe ignore

## Little Problem

- \*may involve some upset feelings
- \*might take another person to solve
- \*a reminder might help

## Medium Problem

- \*may affect 3-9 people
- \*may involve small injury or upset feelings
- \*may take 15 to a couple of hours to solve
- \*may need an adult to help solve

## BIG Problem

- \*involves many people
- \*no easy or quick solution
- \*may take days/weeks to solve
- \*will require adult help

## HUGE Problem "Emergency"

- \*affects large groups
- \*may include physical harm or death
- \*can take months to solve
- \*may need a plan with many steps
- \*definitely requires help from an adult

\*\*The size of my reaction needs to match the size of my problem!\*\*