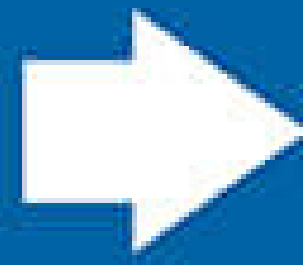


Size of My Problem



Size of My Reaction

My Problem

Big:
Adults
need to
solve

Medium:
Someone
needs to
help me
(often
adults)

Small:
I can
solve
myself

10 10



9 9

B
I
G

8 8

7 7



6 6

M
E
D
I
U
M

5 5

4 4



3 3

S
M
A
L
L

2 2

1 1

What I did

Emotion Words

Really...
Scared
Hurt
Upset
Worried

Worried
Frustrated
Confused
Sad
Mad

A little...
Worried
Annoyed
Sad

- 1 Write my problem.
- 2 Circle the size of the problem number (left side).
- 3 Circle the size of the reaction number (right side).
- 4 Explain how I reacted (What I did).
- 5 Draw a line from the problem number to the reaction number.

- If my reaction size was the same size as my problem, or smaller, people usually don't think a new problem was created.
- If my reaction size was bigger than my problem size, this often creates a new problem for the people around me.
- If the line went "up" to a bigger reaction size, the new problem could be _____