

# How Big is My Problem?

<b>5</b>	Emergency, Tragedy, Danger	Crying uncontrollably, Very Upset, Scared	
<b>4</b>	People talking about you, someone hits you	Crying, Very Sad, Mad, Frustrated	
<b>3</b>	Having to work with someone you don't like, receiving consequences for unexpected behavior	Nervous, Sad, Irritated, Disappointed	
<b>2</b>	Not being first in line, having to wait or take turns	Uncomfortable, Disappointed	
<b>1</b>	No Real Problem	Happy, Calm, Relaxed	

**The size of my REACTION  
should match the size of the PROBLEM!**

**\*Don't overreact 😊**