

# 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 \_\_\_\_\_

