

How big is my problem?

5

Emergency - you need help from an adult e.g. fire, someone needs to go to the hospital, danger etc.



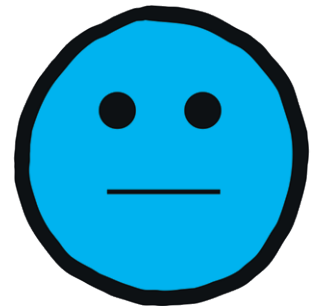
4

Gigantic problem - you can change this with a lot of help e.g. someone hurting you, hitting, bullying etc.



3

Medium problem - you can change with some help e.g. having to work with someone you don't like, someone takes something of yours, you have to do something you don't want to do etc.



2

Little problem - you can change with a little reminder e.g. not being first in line, not taking turns, not winning a game etc.



1

Glitch - you can fix this yourself e.g. getting changed for PE, forgetting a favourite toy, cleaning etc.

