VISUAL SUPPORTS · PROBLEMS

How Big Is the Problem?

How big is the problem? Pick a reaction that fits.

Small

LIKE WHEN...

- My pencil broke
- I did not get to go first
- Someone took my spot in line

A REACTION THAT FITS


deep breaths


fix it


try again


let it go

It is okay to feel it. I fix it myself or let it go.

Medium

LIKE WHEN...

- I feel sick
- I forgot my lunch
- Someone keeps bothering me

A REACTION THAT FITS


ask for help


take a break


talk about it

I ask an adult for help. I can take a break.

Big

LIKE WHEN...

- Someone is hurt
- I am lost
- There is a fire

A REACTION THAT FITS


get an adult now


tell what happened

I get an adult right away.