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|  | TINY/No Problem | SMALL | MEDIUM | BIG | HUGE |
|  | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| Thought | Easy-Peezy  I GOT THIS | I CAN FIX IT | I NEED YOUR HELP | HELP ME GET THROUGH THIS | SAFETY CONCERNS |
| Feelings | Annoyed  Bothered  irritated | Frustrated  Confused  Disappointed | Concerned  Sad  Upset/Frustrated | Sad/Mad  Scared  Worried | Really scary  Danger  Extremely serious |
| Reactions | No reaction  Ignore  Shrug it off  “oh well”  “Oh well maybe next time” | Problem solve; take positive action yourself; | Tell an adult and wait;  Talk to an adult;  Fix situation within a short amount of time | Stay calm; tell and adult quickly; listen to adult directions | Stay calm; Do not panic; tell an adult right away; this problem is affecting a lot of people |

**Tiny/Small problem criteria: Medium Problem Criteria: Huge Problem Criteria**

-impacts 1-2 people -impact up to 10 people -impacts more than 10 (classroom,

Neighborhood, town/city, state etc.)

-quick clear solution -need to brainstorm about the problem -no quick clear solution-

-solve yourself -need to talk to someone -takes many people to solve

-can keep calm -lasts few hours or even a couple of days -lasts a long time (weeks/months)

-no danger or safety issues -no physical danger/ uncomfortable feelings -danger, harm, safety involved