


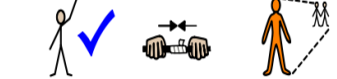



What is the size of your problem?


 Tiny Problems

 Involve 1 or 2 people


 Can be fixed in a short time


 Can fix by yourself


 Tiny Reactions

 Ignore it

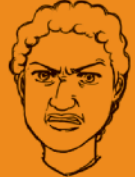
 Fix it by yourself


 Think "it's ok". Stay calm.


1
Tiny Problem



2
Little Problem


3
Medium Problem



4
Big Problem



5
Huge Problem



 Medium Problems


 Involves some people


 Might last some time


 Need adult or friend to help fix it


 Medium Reactions


 Use calming strategies

 Ask an adult for help

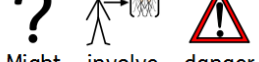
 Ask a friend for help


 Huge Problems

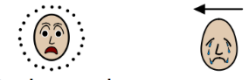
 Involve lots of people


 Might last a long time


 Need lots of help to fix it

 Might involve danger

 Huge Reactions

 Feel scared or upset

 Ask for help straight away

 Might need emergency services