

# How BIG is my problem?

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## Emergency

- Someone is hurting me
- I am in danger
- I need to go to hospital

## What can I do?

I can tell an adult, stop and think clearly (try not to panic), call 999 for an ambulance

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## Gigantic

- Someone passed away
- Parents are divorcing
- Hurt or bleeding

## What can I do?

I can speak to someone about my feelings, have a cry or feel sad, ask an adult for some help

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## BIG

- Feeling sick
- Someone is saying nasty things

## What can I do?

Tell someone who can help, take a minute to stop, take deep breaths and speak to a friend

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## Irritated / Upset

- Forgot homework
- Someone is being mean
- Argued with a friend

## What can I do?

Talk to the teacher, explain how you feel to the person being mean or your friend

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## Not as big a deal

- Stuck on a problem
- Having to work with someone you don't like

## What can I do?

I can take a break, try a new strategy, take a breath and smile