

# HOW BIG IS MY PROBLEM?

**5**

## EMERGENCY

Tornado, Fire,  
Danger, Serious injury



Enraged  
Terrified  
Hysterical  
Angry

**4**

## BIG PROBLEM

Fighting, Getting lost,  
Someone gets hurt



Upset  
Scared  
Mad  
Anxious

**3**

## MEDIUM PROBLEM

Minor accident,  
Being disrespected,  
Feeling sick



Worried  
Frustrated  
Exhausted  
Hurt

**2**

## LITTLE PROBLEM

Forgetting  
homework, Lost  
supplies, Can't  
decide what to do



Unhappy  
Disappointed  
Annoyed  
Embarrassed

**1**

## GLITCH

Losing a game, Not  
getting the supply  
you want, Being late



Okay  
Content  
Fine  
Calm