

Emotional Regulation: Matching Reaction to Problem Size



Use the matching sheet ID when checking answers.

Read each school scenario. Decide the problem size and the best way to respond.

1. Your pencil tip breaks while writing spelling words. What size is this problem and what is the best reaction?

Answer: B. SMALL GLITCH — Calmly sharpen the pencil or borrow an extra one from your desk partner.

A broken pencil is a small glitch that can be easily fixed without distress in just a few seconds.

2. You and a friend both want to read the same library book at the same time. What is a healthy, matching solution?

Answer: B. Take turns: one reads it for the first 10 minutes, or you read the book together.

Taking turns or reading together shows compromise, cooperation, and social awareness.

3. A student falls on the playground during recess and hurts their knee, unable to stand up. What should you do?

Answer: B. Immediately alert the recess teacher or duty monitor to get first aid.

Physical injuries are serious; alerting a supervising adult immediately ensures student safety and proper medical care.