

Emotional Regulation: Matching Reaction to Problem Size



Name: _____ Date: _____

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?

- A. BIG EMERGENCY — Scream loudly and run out of the classroom.
- B. SMALL GLITCH — Calmly sharpen the pencil or borrow an extra one from your desk partner.
- C. MEDIUM PROBLEM — Call 911 for an ambulance.
- D. Tear up your paper.

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

- A. Rip the book in half so you both get a piece.
- B. Take turns: one reads it for the first 10 minutes, or you read the book together.
- C. Never speak to each other ever again.
- D. Hide the book behind a shelf.

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

- A. Ignore them and keep playing tag.
- B. Immediately alert the recess teacher or duty monitor to get first aid.
- C. Laugh and point at them.
- D. Try to carry them on your back.