

Size of the Problem & Strategies

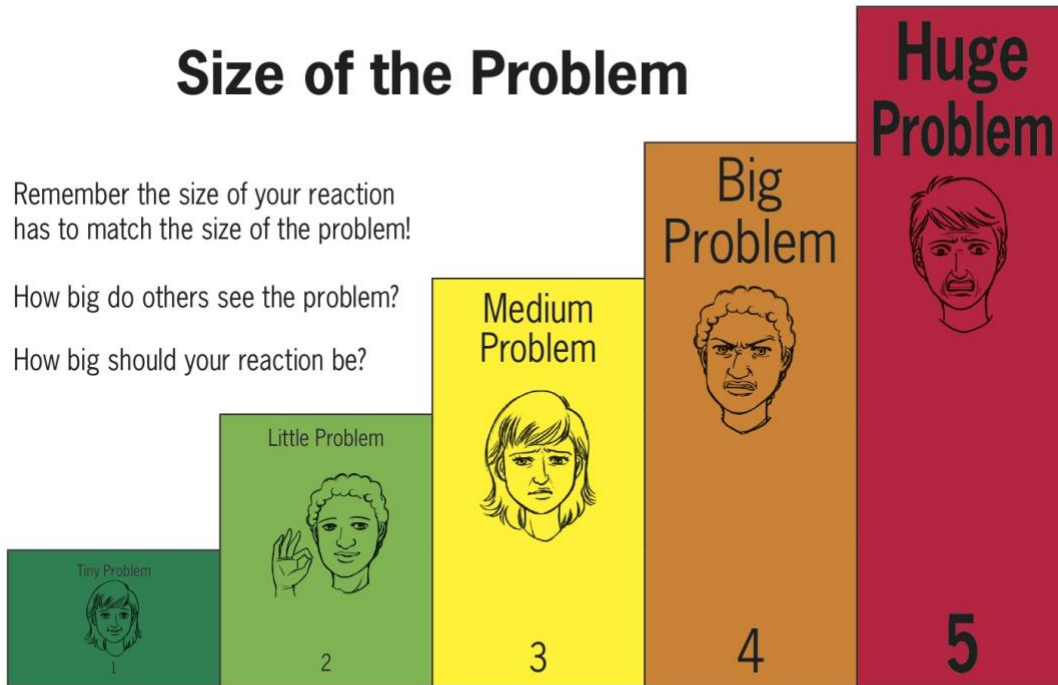
<u>Size of Problem</u>	<u>Situation Examples</u>	<u>Strategies</u>
<p style="font-size: 2em; margin: 0;">5</p> <p style="font-size: 1.5em; margin: 0;">Huge</p>	<ul style="list-style-type: none"> • Physical Fight • Fell and broke bone • School Lockout/in 	<ul style="list-style-type: none"> • Must get adult assistance such as: -teacher -principal -parent -doctor -police
<p style="font-size: 2em; margin: 0;">4</p> <p style="font-size: 1.5em; margin: 0;">Big</p>	<ul style="list-style-type: none"> • Angry thoughts that will not go away • Being pushed on purpose • Test is too hard 	<ul style="list-style-type: none"> • Listen to music • Rock in chair (game chair, large sit disc) • Ask a teacher or adult for help • Deep Breathing • Try the easier ones first
<p style="font-size: 2em; margin: 0;">3</p> <p style="font-size: 1.5em; margin: 0;">Medium</p>	<ul style="list-style-type: none"> • Someone takes your things • Someone is being annoying • Someone calls you a name • Being teased and they won't stop • 	<ul style="list-style-type: none"> • Talk it out with them • Tell them how they are making you feel • Say "Peace out" and walk away • Use humor • Thank the bully • Compliment the bully
<p style="font-size: 2em; margin: 0;">2</p> <p style="font-size: 1.5em; margin: 0;">Little</p>	<ul style="list-style-type: none"> • Accidentally bumped • Someone gets in your way • Someone keeps interrupting you • Someone keeps bugging you 	<ul style="list-style-type: none"> • Make a comment such as "Please be careful" • Ask them to stop • Walk away • Let it go
<p style="font-size: 2em; margin: 0;">1</p> <p style="font-size: 1.5em; margin: 0;">Tiny</p>	<ul style="list-style-type: none"> • People using sarcasm • Being interrupted once • Someone bugs you once 	<ul style="list-style-type: none"> • Ignore • Deep breathing • Let it go

Size of the Problem

Remember the size of your reaction has to match the size of the problem!

How big do others see the problem?

How big should your reaction be?



Visual adapted by Leah Kuypers, Donna Brittain and Jill Kuzma for The Zones of Regulation® from the original work of Winner's *Think Social!* (2005), pages 44-45, www.socialthinking.com, and Buron and Curtis' *The Incredible 5-Point Scale* (2003), www.5pointscale.com

Copyright © 2011 Think Social Publishing, Inc.

This page may be copied for the purposes of educating students and other professionals.