

# Size of the Problem

Worksheet: The size of the problem often determines the size of your reactions



Brain  
Connect

## SMALL

I can quickly and easily solve this problem on my own or with the help of a friend

## MEDIUM

This problem takes a little more time and effort to solve and may require the help of an adult

## LARGE

This is a serious problem that will take time and effort to resolve, and it will require a trusted adult

With small problems, I might not feel much emotion at all

With medium problems, I might feel mild distress or annoyance

With big problems, I'll often feel scared, angry or scared

**Problem:** Leaving your homework at home



Small



Medium



Large

**Problem:** Feeling embarrassed when your special person acts differently in public



Small



Medium



Large

**Problem:** Not being picked up from school



Small



Medium



Large

# Size of the Problem

Worksheet: The size of the problem often determines the size of your reactions



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**Problem:** Changes in your routines, like meals at different times



Small



Medium



Large

**Problem:** Feeling frustrated that your special person has trouble following a story



Small



Medium



Large

**Problem:** Noticing your special person has less energy



Small



Medium



Large

**Problem:** Challenges telling your teacher about your special person



Small



Medium



Large

**Problem:** Watching your special person become angry



Small



Medium



Large