Welcome:

Motions: pat-pat   clap-clap

Sing: “Hello _____  Hello _____”

Social Stories:

- Big Problem Small Problem (materials are attached)
  https://lessonpix.com/materials/6746895/Big+Problem%2C+Small+Problem
  https://lessonpix.com/materials/6154141/Big+problem%2C+small+problem

Song:

“Is the problem big or small big or small? Is the problem big or small big or small? Is it big like a whale or small like a snail? Is the problem big or small big or small?”

Activities:

- Big or Little problem solving cards (materials are attached)
  https://lessonpix.com/materials/8206799/Big+or+Little+Problem%3F

- Big Problem Little Problem (materials are attached)
  https://www.teacherspayteachers.com/Product/Big-Problem-Little-problem-FREE-Printable-2862692

- Big vs Small Problems Parent Handout (materials are attached)
  https://www.teacherspayteachers.com/Product/Big-vs-Small-Problem-Parent-Handout-3571936

- How Big is the Problem (materials are attached)
  https://www.teacherspayteachers.com/Product/How-Big-is-the-Problem-FREE-1822838

- Conflict Resolution Cards (materials are attached)

Farewell:

Motions: pat-pat   clap-clap

Sing: “Goodbye _____  Goodbye_____”

Resources:

- LessonPixs
- Teachers Pay Teachers
Visuals

**Problem:** Something unexpected that bothers, hurts, or frustrates us.

Problems can be big:

Problems can be small:
Big Problem

Small Problem
Problem Size Scale

Big Problem

Small Problem

Ask for Help

Stay Calm & Solve yourself
Big Problem, Small Problem

What is the size of my problem??
Some problems are big, some problems are small.
When I raise my hand and don't get called on. This is a small problem.
It is ok to feel disappointed when you have a small problem.
It is not ok to be frustrated and mad, because it's not a big problem.
Sometimes I don't want to do my work, and I get frustrated. This is a small problem.
Sometimes I want to draw when I am asked to do work. This is a small problem.
I may get an earache. This could be a big problem.
I might bump my knee and it may hurt. This could be a big problem.
Sometimes it seems like people are looking at me, this is a small problem. I don't need to get upset.
It is not ok to be frustrated and mad, because it's not a big problem.
Sometimes I get frustrated when I think someone is telling me what to do. This is a small problem.
When I am upset or frustrated whether it is a small problem or big problem I can use some strategies to help me calm down.
My teacher may ask me to go in the hallway to cool down. This is a good idea.
I can take 10 deep breaths to help me cool down.
I could tell my teacher a need a break, and go to a quiet area.
I could tell my teacher a need a break, and ask to get a drink of water.
I could tell my teacher a need a break, and ask to listen to music.
I could go get a fidget cube to help me calm down.
My teacher and OT will help me learn the straits I need to self regulate and calm down.
I know the difference between a big problem and a small problem and how I should react. I know I can use my strategies to help me.
I know I can match my reaction to the size of my problem by knowing my strategies and asking for help when I'm not sure what the size of
Surprised
Calm
Wondering
Big problem, small problem

When there is a small problem I can use my words.

The End

I may cry if there is a big problem.

Getting hurt may be a big problem.
I may need to cry.

My teacher may ask me to do something. That is a small problem.

I can use my words, I can say, "O.K." or "I'm not ready".

I might get a cut. That could be a big problem.
I may need to cry. I need to ask for help.

My teacher may need to work with me. This is a small problem.

I can say "O.K."

I may get an earache. This could be a big problem.
I can tell someone, I may need to cry.

I might not understand my work. This is a small problem.

I can raise my hand and ask for help.

I might bump my knee and it may hurt. This could be a big problem.
I may need to cry.

It could be reading time with Teacher. This is a small problem.

I can sit and listen. I can be calm and quiet.

I might hit my head on the playground. This could be a big problem.
I need to tell someone. I may need to cry.

Someone may take the toy I was using. This is a small problem.

I can use my words, I can say "it is still my turn." "Please wait."

I could stub by toe and it may really hurt. This could be a big problem.
I may need to cry.

I am not line leader. This is a small problem.

I can say, "I will wait my turn".
Big or Little Problem?

1. I spilled my drink
   - Big Problem
   - Little Problem
   - I don’t know

2. I spilled on my clothes
   - Big Problem
   - Little Problem
   - I don’t know

3. There is a bad smell
   - Big Problem
   - Little Problem
   - I don’t know

4. I don’t understand my work
   - Big Problem
   - Little Problem
   - I don’t know
Big or Little Problem?

I bumped my knee
- Big Problem
- Little Problem
- I don’t know

There is a fire
- Big Problem
- Little Problem
- I don’t know

I am last in line
- Big Problem
- Little Problem
- I don’t know

I want a toy someone else has
- Big Problem
- Little Problem
- I don’t know
Big or Little Problem?

- There is a tornado (Big Problem)
- I was stung by a bee (Big Problem)
- I lost my game (Big Problem)
- There is a car accident (Big Problem)
Big or Little Problem?

I broke my pencil

My cookie broke

I cut my arm

My head hurts

Big Problem

Little Problem

I don’t know
Big or Little Problem?

1. iPad isn't available
   - Big Problem
   - Little Problem
   - I don't know

2. My hands are dirty
   - Big Problem
   - Little Problem
   - I don't know

3. Someone said something mean
   - Big Problem
   - Little Problem
   - I don't know

4. I have to redo my work
   - Big Problem
   - Little Problem
   - I don't know
Big or Little Problem?

- My paper ripped
  - Big Problem
  - Little Problem
  - I don’t know

- I ripped my pants
  - Big Problem
  - Little Problem
  - I don’t know

- My shoe is untied
  - Big Problem
  - Little Problem
  - I don’t know

- My teacher is busy
  - Big Problem
  - Little Problem
  - I don’t know
Big or Little Problem?

1. Someone is in my personal space
   - Big Problem
   - Little Problem
   - I don't know

2. It is too loud
   - Big Problem
   - Little Problem
   - I don't know

3. I have to wait
   - Big Problem
   - Little Problem
   - I don't know

4. I don't like my lunch
   - Big Problem
   - Little Problem
   - I don't know
Big or Little Problem?

1. Someone stuck their tongue out at me
   - Big Problem
   - Little Problem
   - I don't know

2. I fell
   - Big Problem
   - Little Problem
   - I don't know

3. I made a mistake
   - Big Problem
   - Little Problem
   - I don't know

4. Someone is staring at me
   - Big Problem
   - Little Problem
   - I don't know

Multiple Choice Pictures

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Big or Little Problem?

I broke my arm

my food tasted funny

I dropped my crayons

I forgot my backpack

Multiple Choice Pictures
Big or Little Problem?

I can only find one glove

有人不小心撞到我

我的老师告诉我不要

电脑出故障了
**BIG PROBLEM**

A fire, someone hurt or hit me

Yell, Scream
Find help

**MEDIUM PROBLEM**

Someone pushed me

Tell the person “I didn’t like when you…”

**SMALL PROBLEM**

I dropped my pencil.

Stay calm,
Pick it up

Does my reaction match the size of my problem?

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How Big is the Problem Directions:

1. Print pages 3-4 in color.
2. Print either page 5 or 6 depending on the level of the students. Make enough copies for each student.
3. Review page 3. Talk about what small, medium, and big problem means and give examples of each.
4. Add ideas for appropriate reactions on page 4. Write several appropriate reactions for each problem size.
5. Do the worksheet together, individually, or as a take-home activity. Students using page 5 have a picture of a problem in the first column. Students using page 6 need to write their own potential problem. With either worksheet, label the size of the problem and write or draw appropriate reactions for a problem of that size.
6. Review the worksheet with others in the group or with parents. Repeat the activity again on a different day for carry-over.
How Big is the Problem?

Small
I can fix it myself.

Medium
I need some help.

Big
I need adult help right away.
What are appropriate reactions?

- Walk away
- Ignore
- Fix it

- Ask a friend to help
- Ask an adult to help

- Get a teacher
- Yell for an adult
- Call 911
- Run away
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<tr>
<th>Problem</th>
<th>How big is the problem?</th>
<th>How should I react?</th>
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<td>I am a mess from art class.</td>
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<td>The work is way too hard.</td>
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<td>Someone pushes me and I get hurt.</td>
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<td>My ice cream falls to the ground.</td>
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<td>Problem</td>
<td>How big is the problem?</td>
<td>How should I react?</td>
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Students will participate in classroom sessions to learn about problem-solving in a fun and interactive way. Students will learn to differentiate between "big" and "small problems." They will also be taught problem-solving strategies that can be used at school, at home, and in the community.

Do I need to tell the teacher?

Yes!
- There is danger.
- Someone is hurt.
- Someone is sick.
- Someone is fighting.
- There is a bully.

No!
- It was just an accident.
- I'm okay.
- I can try Kelso's Choices.

- Small problems are ones that students can usually solve on their own.

- Examples of small problems include:
  - A classmate is making noise while you are trying to work
  - Someone is calling you silly names
  - Someone took the toy that you want to play with
  - A classmate is tattling instead of minding his or her own business

- Solutions to small problems include Kelso's choices:
  - Go to another game or activity
  - Talk it out ("I feel ___ when you ___")
  - Share and take turns
  - Ignore it
  - Walk away
  - Apologize ("I'm sorry for ___")
  - Make a deal ("Let's play rock, paper, scissors")
  - Wait and cool off

- If students have tried to solve the problem 2 different ways without success, they can ask for help from an adult.
BIG PROBLEM OR SMALL PROBLEM?

- **Big problems** occur when there is danger or the student feels unsafe. These problems require an adult’s help.

- **Examples of big problems include:**
  - Someone is being pushed by a bully in the hallway
  - Someone is stealing from the teacher’s desk
  - Someone is throwing things at another kid
  - A classmate is hurt on the playground
  - Someone has a bloody nose or an upset stomach
  - You forgot to bring a snack or lunch to school

- **Solution:** Ask an adult you trust for help.

PRACTICE: You can practice at home by helping your child problem-solve. First, ask your child “Is it a big or small problem?” Once your child says that it’s a small problem, ask “Do you need an adult or can you solve the problem on your own?” Once the child says that he or she can solve it on his or her own, ask “What are some things you can do?” Talk about possible solutions (e.g. waiting, sharing, taking turns, taking a deep breath, doing something else).

MODEL: It will help your child if you model ways that you calm down when you have a problem in order to think about solutions to your problem. For example, you might say “I’m feeling frustrated because I can’t find my keys. I’m going to take a deep breath, and think about solutions. One solution is to look in my car. Another solution is to ask for help.”

With practice, your child will learn to differentiate between big and small problems and determine appropriate solutions.

It is important to develop good problem-solving skills as they increase academic success, encourage teamwork, stimulate creativity, and strengthen social communication skills.

Kid-Sized Problems
Teacher-Sized Problems
Problems that kids can handle on their own by talking, listening, and helping each other.

Problems that involve someone being hurt or getting hurt, or an emergency.
Someone has a bloody nose.

You see a stranger at school.

“He is crying.”

“She is throwing pencils.”

A boy fell from the top of the slide.
The girl behind you pushed you in line.

“She’s not doing her work!”

“He won’t give me the ball.”

“I think my friend is sick.”
You see a group of boys fighting.

Someone used a bad word.

She hit you but it didn’t hurt too bad.

We are learning how to be problem solvers!
1. Can someone get hurt?

2. Can I solve this problem on my own?
Thank you Nikki for the great art and Jen Jones for my new addicted-to fonts!

Thanks for downloading!

Melonheadz Illustrations

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Inspired in Second