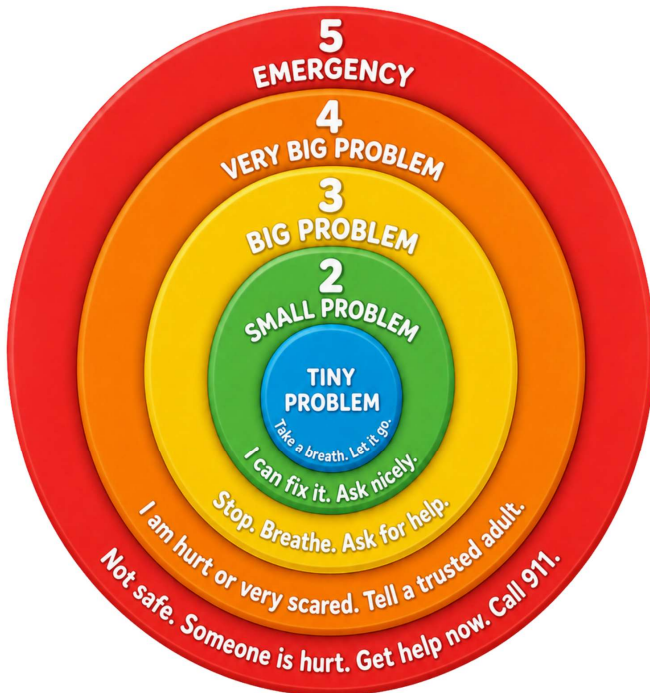


How to Use the “How Big Is My Problem?” Chart

A simple guide for helping young children sort out strong feelings and choose a safe next step.

How Big Is My Problem?

A helper for big feelings



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Simple Instructions

- 1. Look together.** Use the chart during a hard moment, or practice with it when the child is calm.
- 2. Ask what happened.** Keep your voice calm. Let the child point, talk, or show you what happened.
- 3. Start in the middle.** Begin with the blue circle and move outward until the problem seems to fit.
- 4. Pick one circle.** The child does not have to get it “perfect.” Help them choose the closest match.
- 5. Read the action.** Read the words on that circle together and try the next step it gives.
- 6. Check again.** After the child is calmer, ask if the problem feels the same size or if they need more help.

Helpful words to use with the child

“Show me which circle fits what happened.” • “What can we do next?”

Important reminder

A small problem can still bring a BIG feeling. The goal is not to tell the child that their feelings are too big. The goal is to help them understand what happened and choose a safe next step. If the child says they are not safe or someone is hurt, get adult or emergency help right away.

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