



# The Problem Scale

The way we respond to a problem and go about solving it depends on how large it is. Our feelings get bigger the bigger our problem is. Use the Problem Rating Scale to help students identify what size their problem is.



A problem that you can solve alone, quickly and easily.



A problem that you can solve alone that might make you sad but doesn't cause too big of a reaction.



This involves more people, causes bigger reactions, and isn't so easy to solve.



A problem that takes a while to solve, requires help of adults, and can cause damage or hurt feelings.



A problem that is very difficult to solve and causes serious harm or damage.