

How Big Is My Worry?

5



EMERGENCY

Fire, danger to yourself or others
You may need an ambulance or fire engine.

4



GIGANTIC PROBLEM

Fighting, someone is hurt. You will need an adult to help you.

3



BIG PROBLEM

Small accident (you may have fallen down), you may be bleeding, not feeling well. You will need an adult to help you.

2



MEDIUM PROBLEM

Someone is bothering you, feeling tired or unwell, you need something. You could try to sort this out yourself or ask for help.

1



LITTLE PROBLEM

Can't understand your work, lost something, falling out with your friend. You can try to sort this out yourself with a little reminder.

0



GLITCH

Losing in a game, not being picked, you have forgotten something. You can fix this yourself.