

BIG Problems

VS.

Small Problems

NPE Conflict Resolution

- What are some **BIG** problems?
- How do **BIG** problems make you feel?



- What are some **small** problems?
- How do **small** problems make you feel?



BIG PROBLEM

BIG Problems

can make you feel:

- Helpless
- Unsafe
- Scared

Small Problems

can make you feel:

- Annoyed
- Angry
- Frustrated
- Sad



BIG or Small...

Someone borrows your school supplies without asking

Someone brought cigarettes to school

There is a fight on the playground during recess

Someone is messing with your desk

Someone is passing notes about you in class

Someone brought a lighter to school

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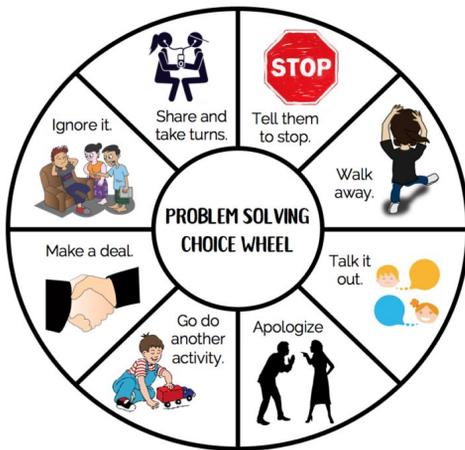
BIG PROBLEM



How do we handle our BIG problems?

WHAT CAN I DO?

Do you have a small or medium problem?
Try 2-3 of the following solutions.



Do you have a **BIG** problem?
Go tell an adult.

How do we handle our small problems?

Breathe

Inhale slowly. Hold. Exhale.

