

SIZE OF THE PROBLEM

1. Tiny Problem

You can handle this on your own and you don't need to talk about it.

I can handle this



No reaction
no action

Being told no.
Not being served first.
You would like to play longer but it's time to go.

2. Small Problem

You can think of a way to solve the problem.

I can fix it



Take positive
action

You spilled a cup of water - you can clean it by yourself.
You pushed your friend by mistake - you can say "sorry" and ask if you can help him stand up or bring a band aid.

3. Medium Problem

Tell an adult and follow the direction.

I will ask an adult for help.



Ask for
help

Somebody is being mean / pushing you even after you asked them to stop - go to your teacher, your parents or an adult for help.
You are not sure if you need to go on the bus or your parents are coming to pick you up - ask the teacher.

4. Big Problem

Talk with an adult about what's bothering you.

I need help



Talk with an adult to
help you get through this

You are being bullied.
You hurt yourself at school and cannot move your arm.
Your parents are getting a divorce.

5. Huge Problem

Stay Calm and follow the directions from an adult.

Please tell me what I should do.



Stay calm in case of
EMERGENCY

There is a fire, storm or earthquake.
There was an accident. Someone is badly hurt.

Social Skills Training

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