

Who Poked My Bear?

CONCEPT OVERVIEW

PART 1 – JUDGING THE SIZE OF THE PROBLEM

In order to know how to manage our problems in life, we first need to understand how to judge the size of our problem and match it to an appropriate reaction.

Blue problems represent small, glitch problems. These affect only us, and we can usually solve them on our own. In these situations, we are expected to have a small reaction. Mostly, we need to deal with it, handle it, or just let it go.

Yellow problems represent medium-sized problems. These problems usually affect more than us and require some help from an adult.

Red problems represent big problems. These huge problems are life-threatening, and the adults around us are typically in charge of solving these problems for us. We will need a lot of help managing our emotions when these big problems happen.

LESSON ACTIVITY

Now is a good time to practice judging the size of the problem. As a class, read the list of problems on the following page and check off what size and color problem it is.

Watch out for
big reactions to
small problems!

Blue
problems:
small, glitch
problems

Yellow problems:
medium-sized
problems

Red problems:
big problems

Problem	Blue (small)	Yellow (medium)	Red (big)
1. You ask your teacher to go to the water fountain, but she says you need to wait until the lesson is over.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. You're at home sleeping, and you wake up smelling smoke and hearing the fire alarm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. A good friend spreads a rumor about you, saying you cheated on your math test.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. The lunch line is long, and once you finally get to the counter, they are out of chicken patties, your favorite food.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. You spent all weekend working on your social-studies project, and when you got to school, you realized you left it at home and there is no one home to drive it to school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Your pet has passed away.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. You are asked by your teacher to redo a writing assignment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. You find out your vacation to Disney World has been cancelled because of weather.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. After a hurricane, you lose your electricity for three months.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Your team loses their basketball game.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. You have to sit next to someone who smells bad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Every morning, a kid on the bus tries to trip you when you walk by.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Your iPhone gets stolen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Your mom loses her job.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. You get in a car accident but don't get hurt.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Your friend tells you they are being hurt at home by an adult.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. A classmate throws a paper airplane at you in math class. It only happened once.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

18. You get in an accident and have to be in a body cast for three months.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. You find out your best friend has cancer.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. You have to miss lunch with your friends because your teacher wants to give you extra help in math.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. Your dad says you can't stay up late to watch your favorite TV show.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. You get partnered in class with someone you don't like.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. Your brother borrows your favorite sweatshirt without asking and ends up losing it on a field trip.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. You get home and realize you don't have a key and the door is locked. No one is home, and it's a really cold day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. A classmate sitting next you keeps kicking your chair.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

CONCEPT OVERVIEW

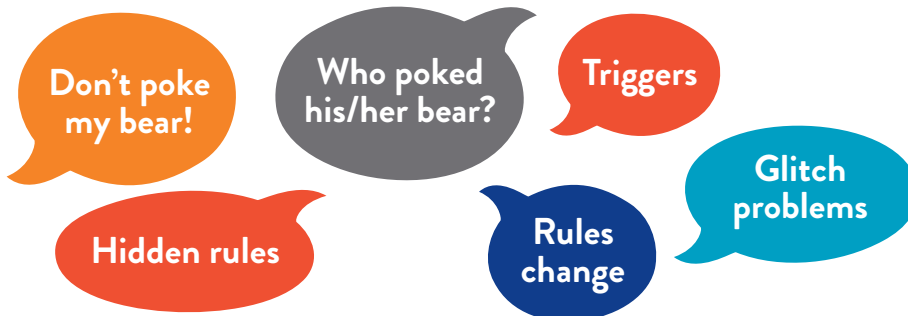
PART 2 – TRIGGERS

Learning to recognize **how our emotions make us feel** on the inside and what triggers them to happen can help us better prepare for how to react to them.

LESSON ACTIVITY

Fill out the “**Who Poked My Bear?**” worksheet to recognize when those big feelings might sneak up on you and what they feel like on the inside. You might even have a group share afterward so you and your classmates can start to understand each other’s triggers and how best not to poke each other’s bears.

TEACHER LINGO



Who Poked My Bear?

What does your **body feel like** when you have big feelings inside?

Circle the things below that you sometimes feel in your body.



What are some triggers that cause you to feel upset, irritated, or anxious?
