Directions:
Step 1: The rectangular blocks are single events. Without giving it too much thought, use one color pencil or marker to draw mental lines from each box to one of the three bubbles based on what your response to that event would personally be.
Step 2: Using another color, and the same directions, draw what the lines might be for your own child or a child you work with.

- Got ill the day of a big work or homework deadline and couldn’t finish on time.
- Sibling, partner yells at you for leaving dishes in the sink.
- Got in fender bender accident.
- Cut your toe open.
- Plans for outing was changed at last minute.
- Worrisome feeling is noted. Brief, temporary feelings of discomfort; but able to redirect thoughts, mood, and actions.
- Really upsetting, persistent fear or anxiety; impacts sleeping, eating, thought patterns; significant impact on interpersonal relationships.
- Your place of worship was vandalized.
- Were given a book that was hard to read or understand.
- Wildfire threatens your home.

Concerns persist for more than a day but less than 3-4; some physiological impact (more easily startled, some sleep disruption); minimal but notable impact on interpersonal relationships.