A serious problem. This might be like a stranger offering you a ride in his car. Talk to a trusted adult right away.

An angry situation. This might be like a big schedule change. Talk to an adult about this.

A problem worthy of help but not an emergency. This might be like a school assignment that is confusing. It is a good idea to ask for help from a teacher or parent. Be sure to talk to your parents about things that are scary for you.

An inconvenience. This might be like a bus being late. This is a good time to practice slow breathing, listen to music, or read a good book. An inconvenience can usually be easily fixed.

An irritation. This might be like another student breaking a rule. You can use some deep breathing, or you can create a journal of things that irritate you. Then when something feels irritating, add it to your journal. Sometimes just writing it down helps.