



# HOW BIG IS MY PROBLEM?



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**Catastrophe**

## Causes

- Fire
- Explosion
- Lots of people hurt
- Serious danger



## What can I do?

- Try to keep yourself safe
- Find an adult
- Get away from the danger

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**Large**

- You or someone you care about needs to go to hospital
- You have hurt someone
- People being mean on purpose

- Tell a trusted adult
- Use coping strategies to stay calm
- Take responsibility, say sorry and accept consequences

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**Medium**

- Lost something
- You have a friendship fire
- Not understanding my work
- Can't use my technology

- Tell a trusted adult
- Use coping strategies to stay calm
- Use Work It Out @ Whittlesea

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**Small**

- Someone said something mean
- Disagreements
- Someone is bothering you
- Not being called by the teacher

- Tell a trusted adult
- Use coping strategies to stay calm
- Use Work It Out @ Whittlesea

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**Glitch**

- Not being first in line
- Someone takes your pencil
- Getting a problem wrong
- You have no one to play with

- Ask a friend for help
- Use coping strategies to stay calm
- Use Work It Out @ Whittlesea

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**No Problem**

- Completing my learning
- Playing happily with my friends
- Eating my lunch
- Getting a drink of water

- Be kind and help others
- Stay focused and do your learning
- Enjoy yourself
- Invite someone to play with you



# HOW BIG IS MY PROBLEM: USING THE CATSTROPHE SCALE

## 1. What is the Problem?

Think about what's bothering you.

It might be something like, "I lost my pencil" or "My friend won't play with me."



## 2. Rate the Problem

Ask yourself, "How big is this problem?"

Look at the scale see which stage matches your problem.

Is it a glitch, a small problem or is there a large problem?



or



or



## 3. Rate Your Feelings

Ask yourself, "How big are my feelings right now?"

Put your feelings on the same scale from 1 to 5.



## 4. Check if They Match

Look at your two numbers.

Does the size of your feelings match the size of the problem?



## 5. If Your Feelings Are Bigger Than the Problem

If you have a tiny problem but HUGE feelings, it's a sign you have flipped your lid.

Try some coping strategies like deep belly breaths or counting slowly.



## 6. If Your Feelings Match the Problem

If it's a big problem and you have big feelings, that makes sense!

You might still want to calm your body before solving the problem.



## 7. Take the Right Action

Use the suggestions on the scale to decide what to do.

Using Work it Out @ Whittlesea is always a good place to start!

