How Big Is My Problem?

What is the cause?	What can be done?
Big Problem This is an emergency. I'm in danger. I need to go to hospital. Another child is hurt.	Stop and think clearly. Decide on what to do. Move away from the danger. Get help from an adult. Call an ambulance.

Medium Problem I am hurt or I feel very sick. I have been bullied. I feel like I am losing control. I have hurt another person. Another child is upset.	Ask an adult to help you. Don't allow the bully to upset you. Take time out to calm down. Say you are sorry to the person that you upset or hurt. Be a kind, helpful friend and get help.

Small Problem The worries are taking over. I am nervous. I feel a little bit sad. I'm hungry or thirsty. I'm feeling tired.	Be positive! Keep things in perspective. Take a deep breath and remember everyone gets nervous or sad sometimes. Share your feelings with a friend. Get something to eat or drink. Have a rest.

Tiny Problem Something is not quite right. I need a pencil or an eraser. I'm too hot or too cold. I have no-one to play with. I feel a bit jealous.	Try to solve your own problem. Take off or put on your jacket. Look for friends and ask them if you can join their group. Remember you can't have everything you want. Talk about how you feel.

No Problem Everything is going well. I can do my school work. I'm playing with my friends. I'm having fun.	Enjoy yourself! Be kind and sensible. Learn as much as you can. Look around to see if anyone looks a bit lonely and invite them to play with you.

Clever Chameleon

How Big Is My Problem?

Something that might happen	What could I do?
Big Problem	
Medium Problem	
Small Problem	
Tiny Problem	
No Problem	

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