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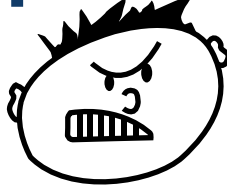



Education & Therapeutic Spaces Ltd.

PROBLEM SCALE



HOW BIG IS MY PROBLEM?


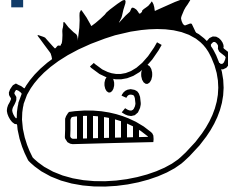

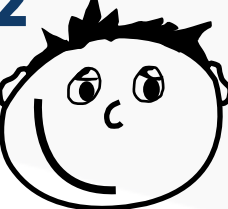

Everyone has their own problems and worries. This is part of life and is completely normal. Use the scale below to help identify the size of your problem and map out some potential solutions.

Size Of Problem	Expected Reaction	How Many People Involved?	How Long Until It Is Solved?
<p>5</p>  <p>EMERGENCY</p>	<p>Screaming, yelling, running away. (car accident, if someone is badly hurt or a fire)</p>	<p>Emergency services, adults or teachers</p>	<p>Will take a while depending on how bad the problem is</p>
<p>4</p>  <p>BIG PROBLEM</p>	<p>It is ok to feel sad and worried about a big problem, even cry in front of others if you feel really worried.</p>	<p>Whole class, group of people, parent / teacher/ family member</p>	<p>A few days or weeks</p>
<p>3</p>  <p>MEDIUM PROBLEM</p>	<p>Identify the problem, write down some of the possible solutions and consult with a parent/teacher/friend</p>	<p>You and a teacher/parent/ friend</p>	<p>1-2 hours</p>
<p>2</p>  <p>SMALL PROBLEM</p>	<p>You can fix with a little reminder. You can ask for help. Take a deep breath or have a break.</p>	<p>You and a teacher/parent/ friend</p>	<p>5-10 minutes</p>
<p>1</p>  <p>GLITCH</p>	<p>No reaction at all. Something that you can fix yourself.</p>	<p>Just you</p>	<p>1-3 minutes</p>



HOW BIG IS MY PROBLEM?

Everyone has their own problems and worries. This is part of life and is completely normal. Use the scale below to help identify the size of your problem and map out some potential solutions.

Size Of Problem	What is the problem?	What can be done?
5  EMERGENCY		
4  BIG PROBLEM		
3  MEDIUM PROBLEM		
2  SMALL PROBLEM		
1  GLITCH		