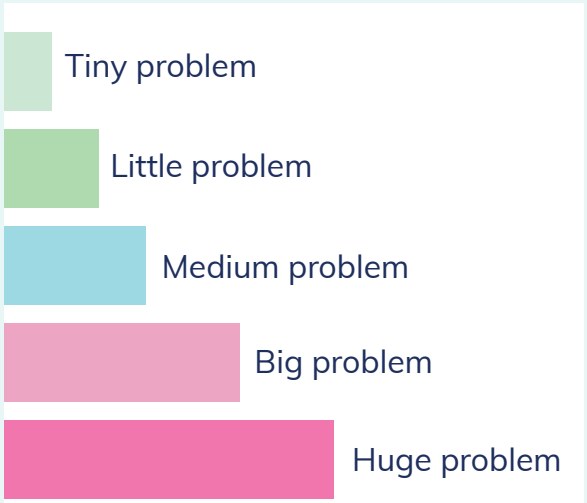
Activity: how big is the problem?

Read through the scenarios and complete the table below using the problem scale and the feelings wall to help you.

Problem scale



Feelings wall

You can also add some of your own feelings below.

Happy	Calm	Frustrated
Shy	Scared	Worried
Tearful	Excited	Silly
Surprised	Lonely	Jealous
Nervous	Peaceful	Brave
Sad	Tired	Unsure

Scenario 1

You have forgotten your pencil case, so your teacher takes a table point away. You can see the others on your table are annoyed with you, muttering and rolling their eyes, because your table was first place in the class.

How big is the problem? (choose from the scale shown)	How would you feel? (circle your answer)	What could you do to feel better and resolve the problem?
Example: Medium		*Step away to think about it. Ask another friend or someone at home about what I'd do next.*
		_____ _____ _____ _____

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Scenario 2

Next year you will be going to a different secondary school from all your friends. They come back from transition day talking excitedly about their new school, leaving you out of the conversation.

How big is the problem?	How would you feel? (circle your answer)	What could you do to feel better and resolve the problem

Scenario 3

Your parent or carer shouts at you before you leave for school because your room is a mess. You then spill your breakfast down your jumper. You try to clean it, which makes you late for school and the headteacher sees you arrive.

How big is the problem?	How would you feel? (circle your answer)	What could you do to feel better and resolve the problem

Scenario 4

You are doing group work and the teacher praises your friend for coming up with an idea which you suggested. Your friend doesn't tell the teacher the ideas were yours.

How big is the problem?	How would you feel? (circle your answer)	What could you do to feel better and resolve the problem

Scenario 5

Someone in your friendship group sends you a message making unkind remarks about someone else that you really like.

How big is the problem?	How would you feel? (circle your answer)	What could you do to feel better and resolve the problem

Extension task

Can you suggest any other coping strategies that you could use?

Examples:

- Pause for a moment.
- Positive thinking – tell myself that I can sort this.
- Have a conversation with the person involved.
- Have a conversation with an adult to help you think through the situation.

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