

Catastrophe Scale Poster

How Would I Rate My Problem?

Even though it's challenging, I will get through this. This challenge will make me stronger.	9 - 10 Catastrophe	A natural disaster.
		An explosion at school.
I feel enraged.	8 Huge Problem	A life-threatening emergency at school.
I am not coping.	6 - 7 Big Problem	Someone is bullying me.
I need help from someone I trust to solve this.		I'm having a challenging time at home.
I will take action and solve this problem!	4 - 5 Medium Problem	I keep having disagreements with my friend.
I need to talk about it with someone I trust.		I'm struggling with school work.
I can solve this problem myself.	2 - 3 Small Problem	I forgot my lunch.
I've forgotten about it and moved on.		I lost a game that I usually win.
I'm happy.	0-1 No Problem	I am doing my work.
I'm content.		I am cooperating.