

Wellness Lesson 8

Corresponding video: Big vs. Small problems <https://www.youtube.com/watch?v=bvFiryg2dms>

Activities:

- Discuss the difference between small and big problems? What situation might be considered a medium problem?
- The chart below can help to identify what types of problems are big vs. small and what some solutions to those problems might be.
- Encourage ALL family members to participate and think about problem situations that they have encountered and where on the chart they might fall. (Having many solution options is better than having too few. Brainstorm many problem solving strategies.)

| HOW BIG IS MY PROBLEM? | | |
|------------------------|--|---|
| 5 | Emergency -Earthquake, tornado, fire, or other danger -Broken bone -Someone's hurting you | I can: cry, scream, call for help, feel worried or scared |
| 4 | Gigantic -Hurt or bleeding -Parents are divorcing -Grandparent is very sick -Pet passed away | I can: cry, tell a teacher, go to the nurse, feel sad, worried or scared |
| 3 | Big -Someone didn't respect your personal space -Feel really sick -Someone is destroying your or classroom property | I can: tell a teacher, go to the nurse, feel frustrated or disappointed |
| 2 | Medium -Forgot homework -Argued with a friend -Someone was mean to you or is bugging you -Lost recess time | I can: take a break, use an i-message or a meaningful apology, feel irritated, frustrated or disappointed |
| 1 | Small -Got a toy taken away -Someone cut in front of you in line -Stuck on a problem or assignment -Working with someone you don't like | I can: take a deep breath, take a break, use an i-message, try a different strategy, feel irritated, frustrated or disappointed |
| 0 | Gitch -Don't have a pencil -The teacher didn't call on me -Not first in line | I can: borrow a pencil, feel disappointed |

Options for families:

- Create your own problem chart with simple solutions and hang this around the house to be referred to when needed.

Challenges for parents:

- Practice some of the suggestions such as taking deep breaths as a family, then discuss how this helps and what other options to help stay calm might be.
- Brainstorm ideas for emergency plans or safety plan in the event that there is a true emergency or BIG problem that is encountered.