



1. Write your problem on a sticky note.
2. Use the Catastrophe Scale to rate your problem and attach your sticky note next to the rating.
4. Choose the little Ed card that matches your rating and place it on top of the number on the Catastrophe Scale.
5. Now choose a yellow resilience card that best suits you and pop it next to your problem.
6. If you need help with your problem grab the 'Ed with a flag'.
7. Write your name with a white board marker on his tummy then put it with your problem.
6. Organise with an adult you trust to use the Ask Ed app.
6. When you have 'sorted out' and solved your problem throw your sticky note in the bin!

Thank you 😊