

- 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 ©