

Scaling the Problem

Grade 4, Lesson 12

Scale the Problem Activity

Goal: Gauge your current ability to scale a problem.

- Please note: sometimes there is not a right answer to a problem and each of you may have a different opinion or reasoning why a situation may be rated the way it is.

You will be given multiple examples of problems.

- If you think it is a **small problem**: stand on the left side of the room.
- If you think it is a **medium problem**: stand in the middle of the room.
- If you think it is a **big problem**: stand on the right side of the room.
- Determine the size of the problem and think of a reason why you chose the size of the problem you did.



**You failed a science test for
the second time.**

A faint background illustration of a checklist on a page. It features three items, each with a checkmark in a square box and two horizontal lines representing text. A pencil is shown at the bottom right, pointing towards the checklist.

Medium: It was the second time so you may need to ask an adult for help.



**While playing soccer in
gym the other team is
winning.**

Small: While it may be disappointing, it won't matter in 5 minutes.



**You are nauseous and feel
like you might faint.**

Big: This is a potential medical emergency. It is best to involve an adult to keep everyone safe.

Scaling the Problem

When you are presented with a problem, ask yourself the following questions to determine the scale of the problem...

Small Problem

Ask yourself:

- Will this matter in an hour?
 - Can I solve this by simply using an assertive voice and words?
 - Can I solve it by using positive self talk?
 - Can I ignore it?
-
- The problem may be an inconvenience or hurt your feelings but is not life altering and can be moved past quickly and can be solved independently.

Small Problem Examples

- Your friend can no longer have a sleepover.
- You forgot your pencil.
- Your teacher tells you to stop interrupting.
- Someone is poking you.
- You got one problem wrong on your math test.
- The other team is winning while you are playing soccer in gym class.
- A classmate is saying things to try to get your attention while your teacher is talking.
- A classmate said something that hurt your feelings.

Medium Problem

Ask yourself:

- Will it matter in a week from now?
- Will I be able to move on if this is not resolved?
- Do I need to talk to a trusted friend or adult to help me work through this?
- Do I need to use a strategy to help regulate my emotions?

- The problem causes more inconvenience to your life and it may matter for a longer period of time. You may feel as though you need to talk to a friend about it or a trusted adult.

Medium Problem Examples

- Your friend tells you they don't want to be your friend anymore.
- You failed another science test.
- You scraped your knee at recess and it is bleeding.
- You can't sleep at night so you keep falling asleep in class.

Big Problem

Ask yourself:

- Will this have a long term effect on my life?
 - Is someone in danger or will be in danger?
 - Do I feel unsafe or uncomfortable at home or school?
 - Have you tried to resolve the problem multiple times?
 - Does an adult need to be involved?
-
- This problem needs the intervention of an adult to help keep everyone safe.

Big Problem

Examples

- You find your friend is stealing again.
- Your parents are separating.
- You feel nauseous and you feel like you might faint.
- You hear someone is going to bring a knife to school.
- You or someone you know is being bullied.

What is Bullying?

- It is **consistent** and happens frequently.
- Bullying can be verbal, physical, online, or social harassment from someone who has **more power**.
- It is intended to cause **harm and pain**.
- You get the feeling of being **trapped and unsafe** around the person or group of people.

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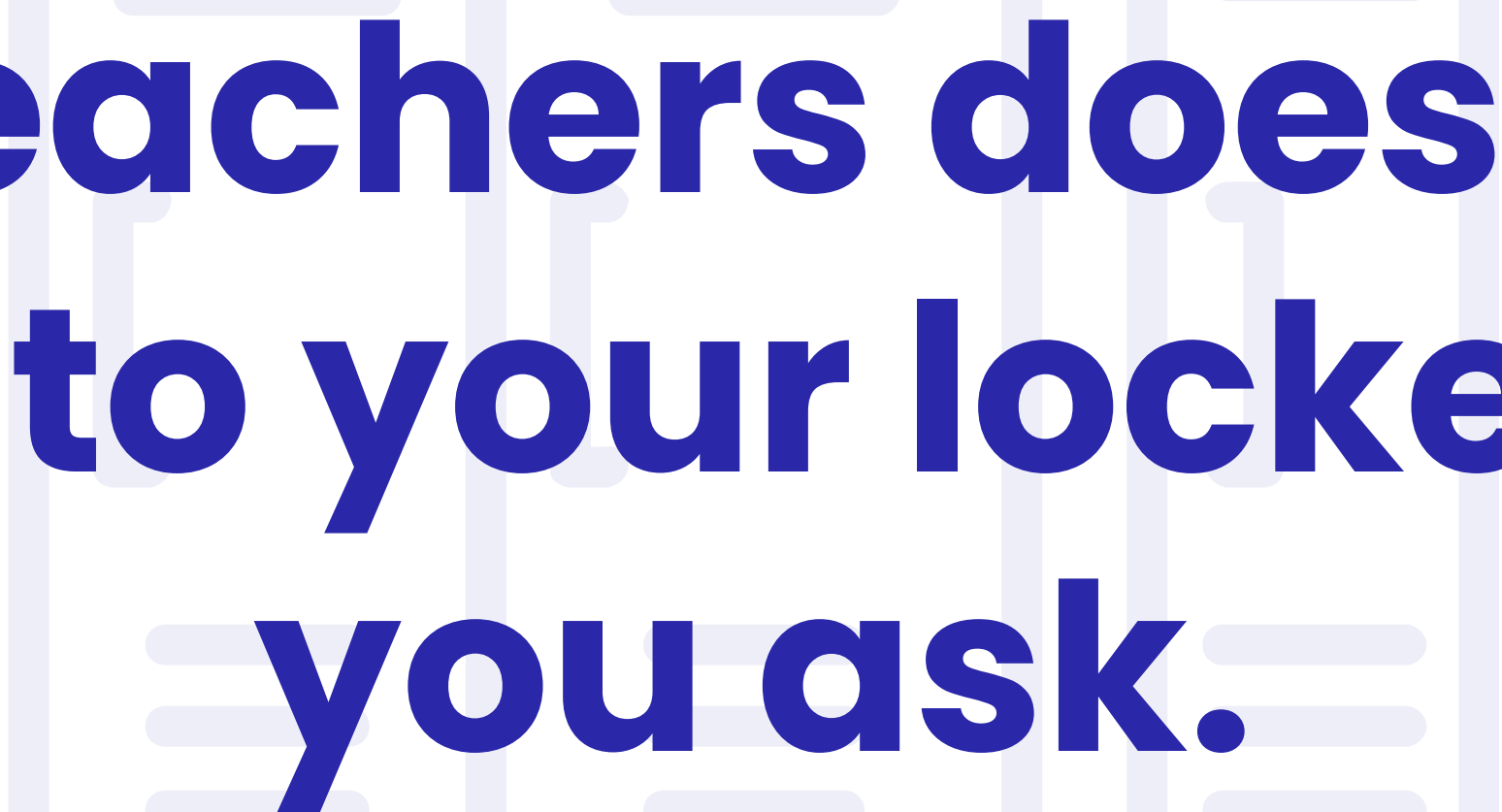
You are at recess and your friend shows you they have a knife.



Big: Someone may be in
danger, tell an adult right
away.

**Your friend tells you
someone started a rumor
about you.**

Small/Medium: Use positive self talk and have a conversation with the person who started the rumor. The size of the problem depends what the rumor is.



**Your teachers does not let
you go to your locker when
you ask.**



Small: You can go later.

**You come back to school
after being sick for 3 days
and you are overwhelmed
by the amount of
homework you missed and
are confused on how to
complete any of it.**

Medium: If you do not ask for help you may continue to feel overwhelmed and fall even more behind. Ask your teacher for extra help.



**Your classmate
accidentally pushed you at
recess.**

Small: It was an accident.
Tell your classmate how
you felt and work it out with
them.

**You see your classmate
slip and hit their head on
the floor, they are
disoriented and don't know
what happened.**

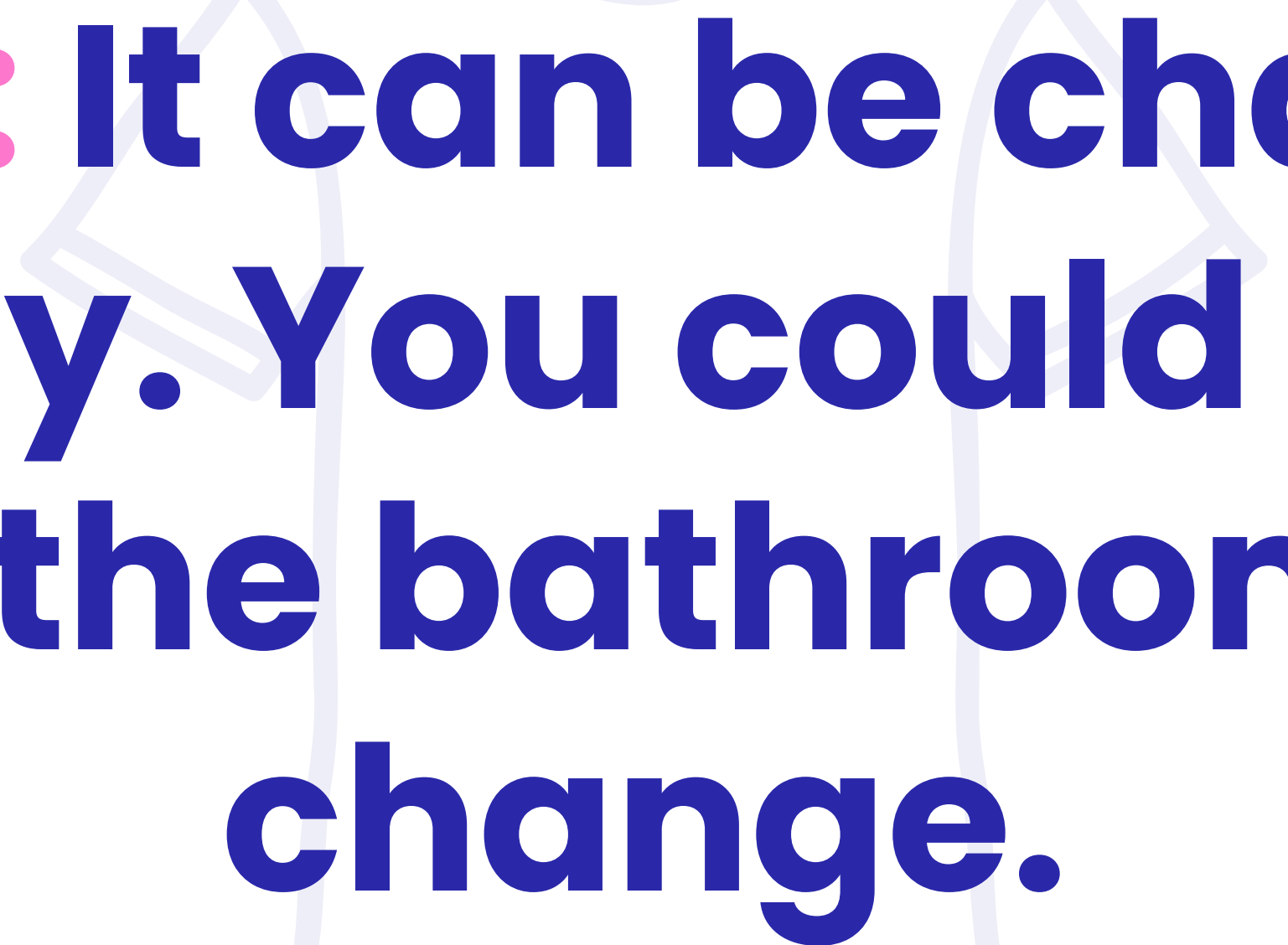
Big: This is a medical emergency and an adult needs to be told right away.

You are scared to ride the bus because an older student tells you how worthless you are, has stuck gum in your hair, and recently pushed you out of your seat.

Big: This is bullying because it is constant. The person is older so they have power over you and it is harming you verbally and physically.



**You accidentally wore your
shirt inside out.**



Small: It can be changed quickly. You could ask to go to the bathroom and change.

Wrap Up

Share an example of a small problem.

Share an example of a medium problem.

Share an example of a big problem.