At Flowerdale primary School we are trying to teach the children to Bounce Back from problems they might encounter. This is a vital part of developing their resilience.

On the back of this sheet is a chart that we want to encourage you to put on your fridge at home and use with your child/ren. At school we ask our students if the problem is an ant or elephant.

What is an ant problem?
An ant problem is something small where you can work out a solution by yourself and should be overcome easily.

What is an elephant problem?
An elephant problem is something much bigger that requires an adult to help the student to work out a solution for and can sometimes take a while to recover from.

It would help us greatly if families could start asking their children if the problem is an ant or elephant problem and then getting them to talk about why they chose that answer.
HOW BIG IS MY PROBLEM?

**EMERGENCY**
- Tornado, Fire, Danger, Serious injury
- Enraged, Terrified, Hysterical, Angry

**BIG PROBLEM**
- Fighting, Getting lost, Someone gets hurt
- Upset, Scared, Mad, Anxious

**MEDIUM PROBLEM**
- Minor accident, Being disrespected, Feeling sick
- Worried, Frustrated, Exhausted, Hurt

**LITTLE PROBLEM**
- Forgetting homework, Being left out, Embarrassing yourself
- Unhappy, Disappointed, Annoyed, Embarrassed

**GLITCH**
- Losing a game, Not getting your own way, Being told off, Getting an answer wrong
- Okay, Content, Fine, Calm