



Ask Ed Puppet Kit for Kids

Cut out Ed, the Catastrophe Scale, speech bubbles and resilience statements. Laminate or paste them on cardboard if you wish. Attach an ice cream stick on the back of all the cutouts. Now you can make a puppet play.

Use your teddy bear and other soft toys to make the puppet play with Ed. Keep all the pieces in a box or bag when you are finished playing. Have fun!



Catastrophe Scale Resilience Statements

I'm ok.

I can manage.

That's not so bad.

I'm going to
'bounce' back.

I'm over it already.

Catastrophe Scale

10 Worst Ever!

9

8 Terrible

7

6 Really Bad

5

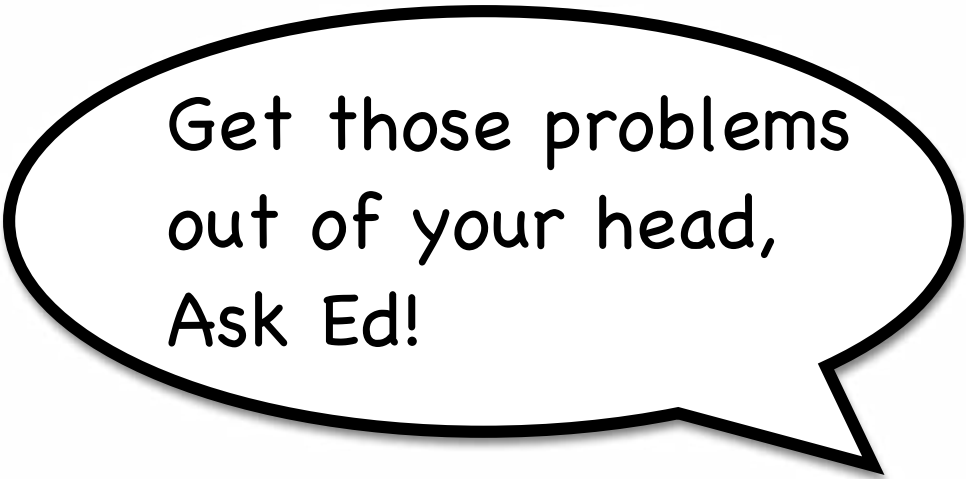
4 Bad

3

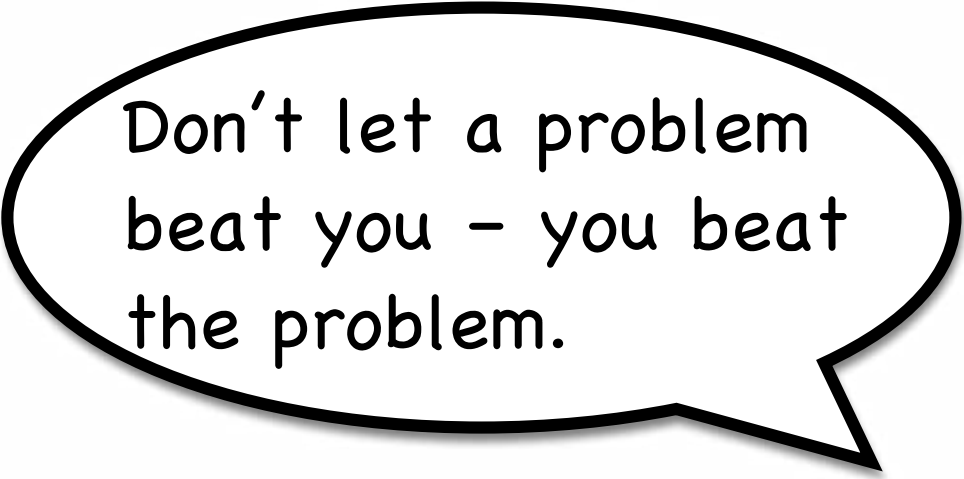
2 Not so Bad

1

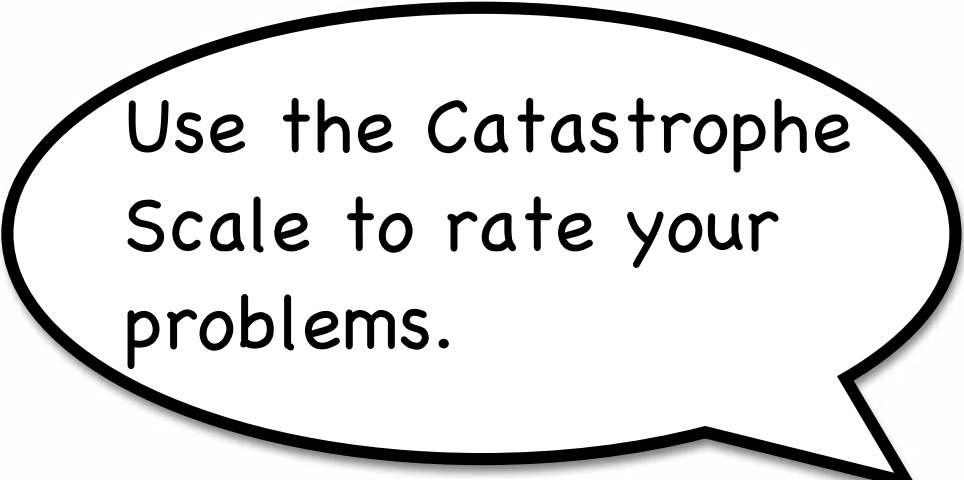
0 No Problem



Get those problems
out of your head,
Ask Ed!



Don't let a problem
beat you – you beat
the problem.



Use the Catastrophe
Scale to rate your
problems.

What's your problem?

How are you feeling about the problem?

What number will you rate the problem on the Catastrophe Scale?

Tell me how you will deal with the problem.

Thank you for Asking Ed.

Choose a resilience statement that works best for you.