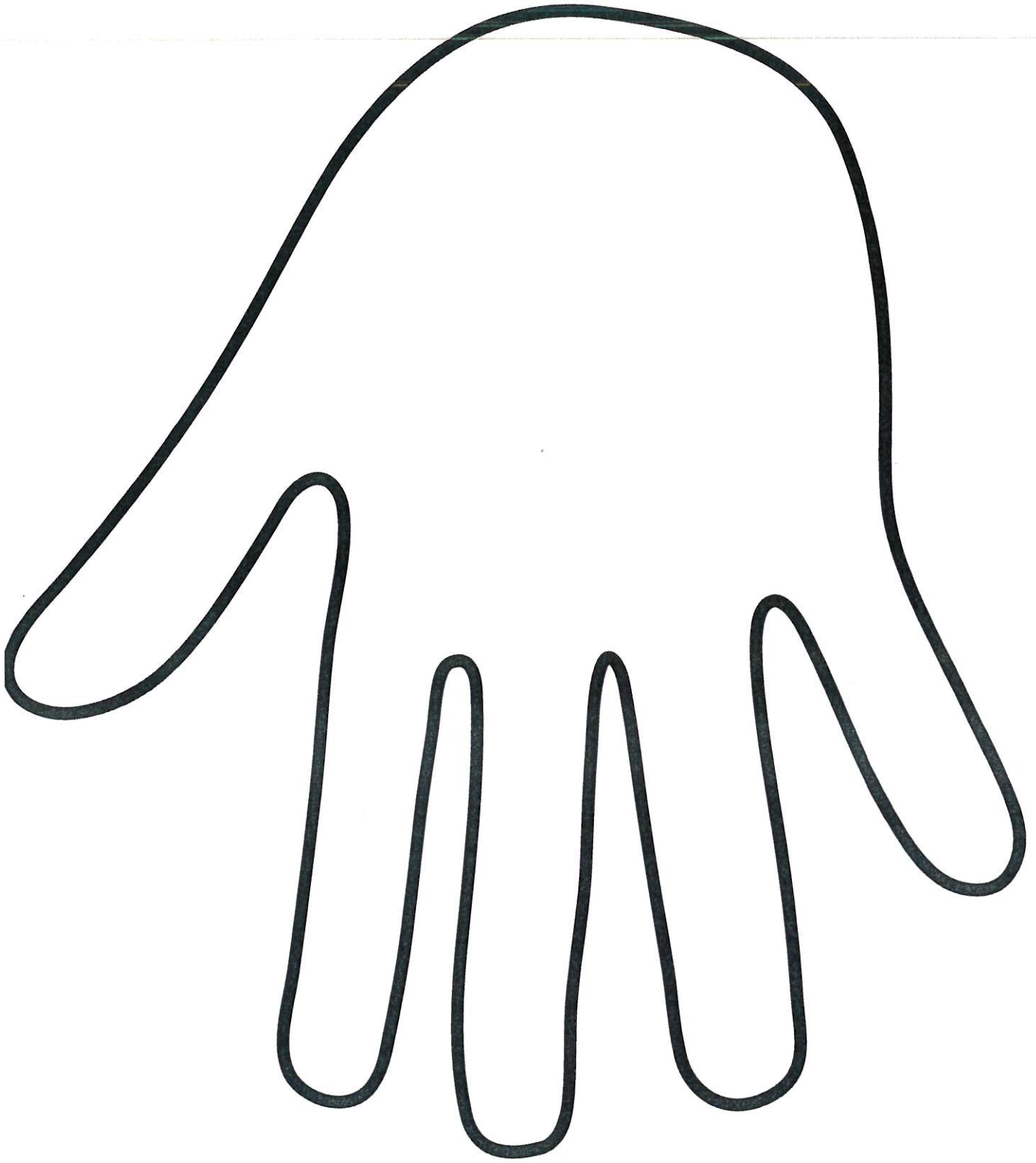
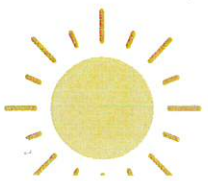


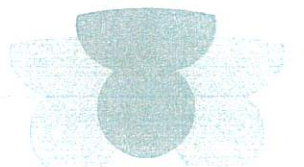
**MY
TOOLBOX**



Try and identify five people that you feel comfortable being around; they make you feel safe, they will listen to your thoughts and worries, and they will be there for you. Place their names on each of the fingers.

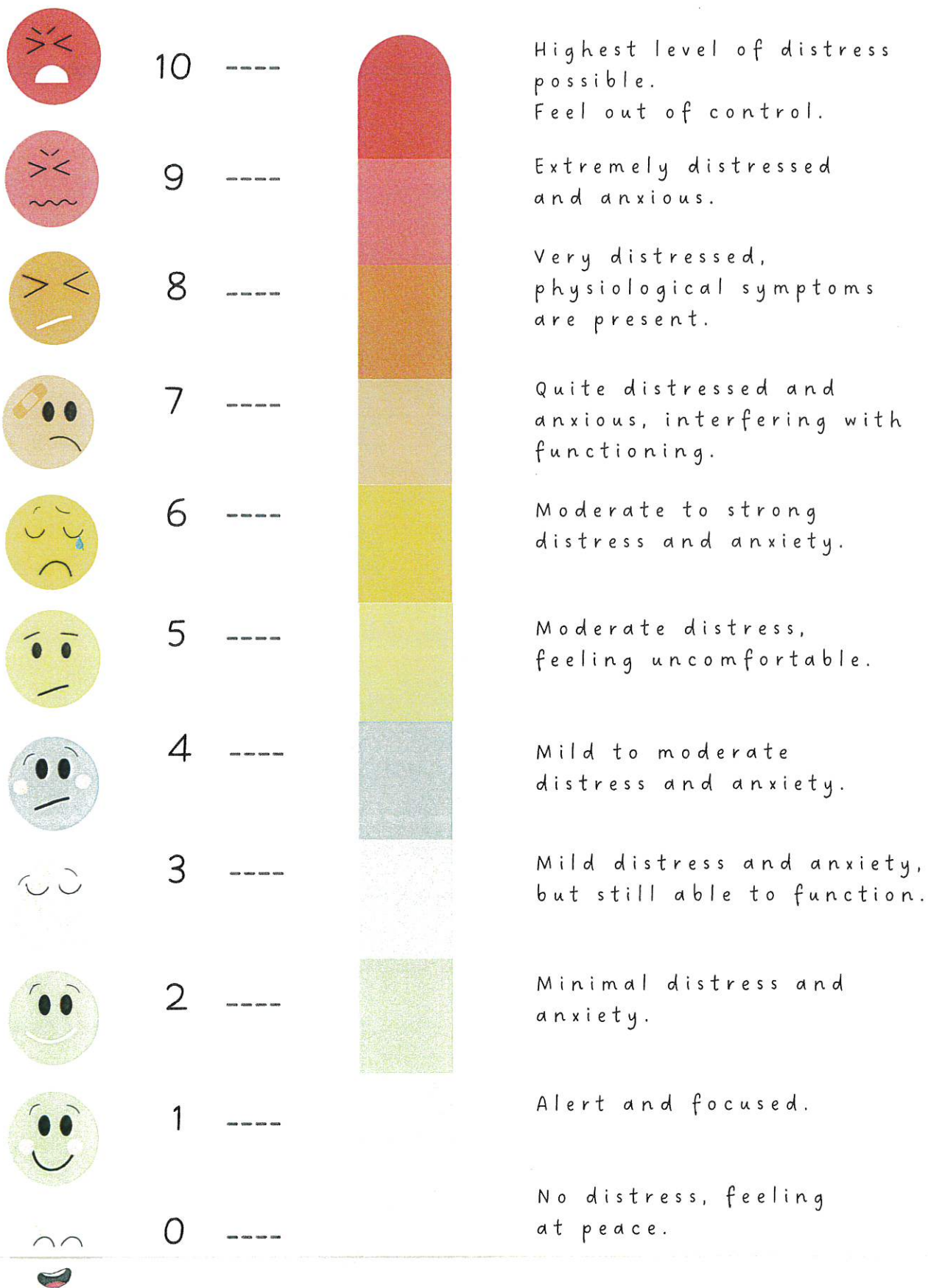


MY SUPPORT TEAM

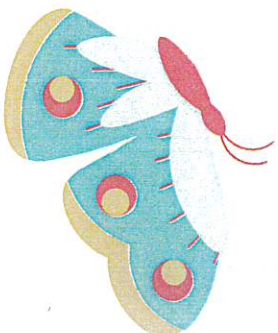


SUDS SCALE

HOW ARE YOU FEELING?

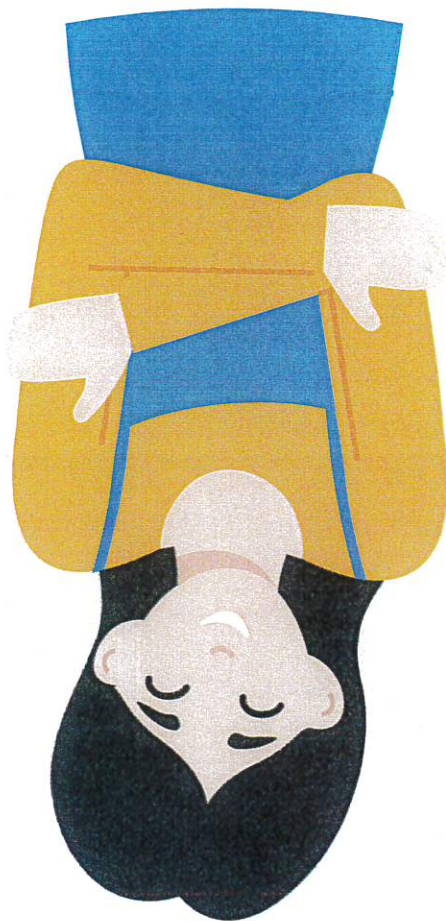
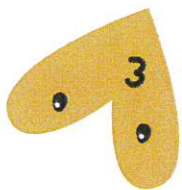


BUTTERFLY HUG



STEP 1: Cross your palms over your arms.

STEP 2: Interlock your thumbs over your chest and flutter them like a butterfly.



STEP 3: Breathe in slowly through your nose and slowly out of your mouth.

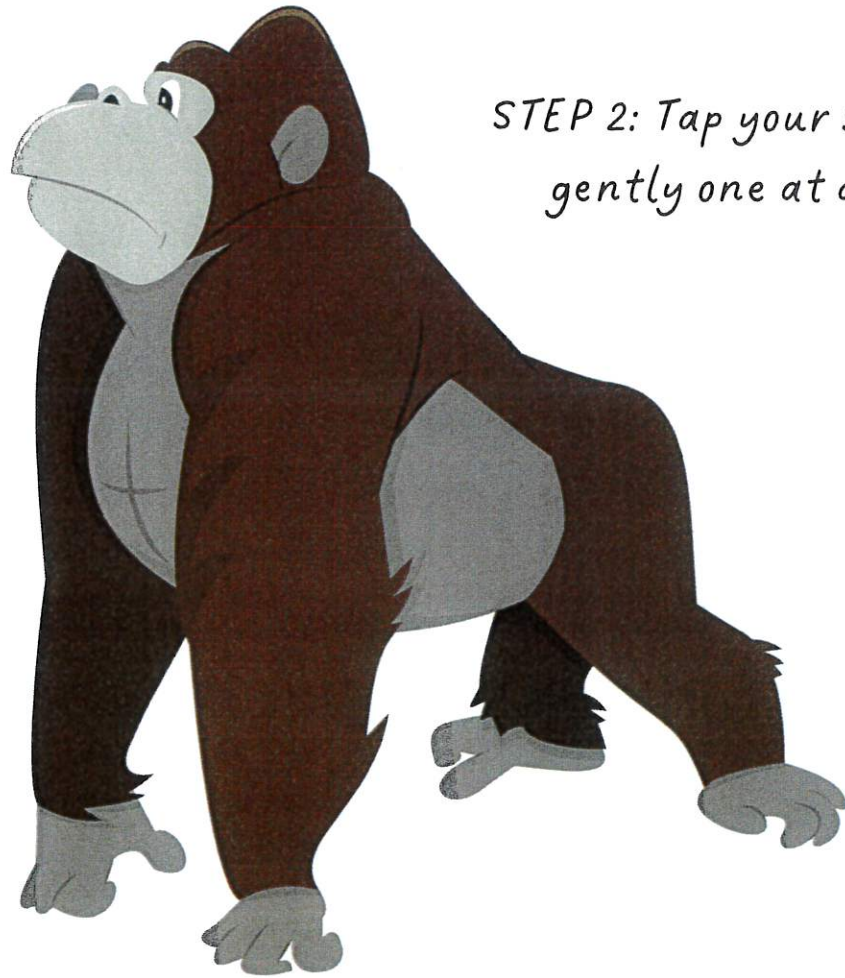
STEP 4: Visualize your safe and calm place.

STEP 5: Continue until you feel calm again.

GORILLA TAPPING



STEP 1: Make a fist with both of your hands.



STEP 2: Tap your shoulders gently one at a time.

STEP 3: Tap your chest slowly one at a time just like a gorilla does.

STEP 4: Then slowly tap your knees one at a time.

STEP 5: Continue to tap all the way down your body until you feel calm again.

Self soothe box

Find a box and fill it with things that ground you and make you feel calm. When worry comes along, look in your box for ideas to help

Memories~ a photo that makes you smile, a positive message from a friend

Smell / taste~ favourite perfume, a dried lavender, a favourite snack



Activity ~ colouring sheets, favourite book to read, music playlist

Relax ~ deep breathing exercises, calming music

Touch ~ stress ball or fidget spinner to get rid of stress. Hand lotion, bubble bath or a soft toy to soothe

Positive talk cards ~ create cards with your favourite phrase e.g. "everything will be ok," "just breathe," "this will pass"

UPLIFTING THOUGHTS/POSITIVE COGNITIONS

I was not responsible

I did the best I could

I can learn from my mistakes

I did everything I possibly could

I wasn't to know



I am competent

I am deserving of love

I am a good loving person

I am honorable

I always deserve to be treated
with respect

I am safe, it is over

I can learn to protect myself

Showing emotions is a sign
of strength

I can make my needs known

I get to choose who I trust

I am in complete
control

I have choices

I am in control of my
destiny

Mistakes help me grow

I am strong





In the clouds below, describe your thoughts and feelings.

THOUGHT CLOUDS

BODY SENSATIONS

Everybody's body will physically respond to stress in many different ways. But some common physical symptoms are shown below. Circle your body sensations that you experience, or add your own.

Headache

Jittery
teeth

Red
cheeks

Sweating

Heart
beats fast

Chest
pain

Clenched
fists

Tense

Trembling

Butterflies in
the tummy

Nauseous

Weak or
jelly legs

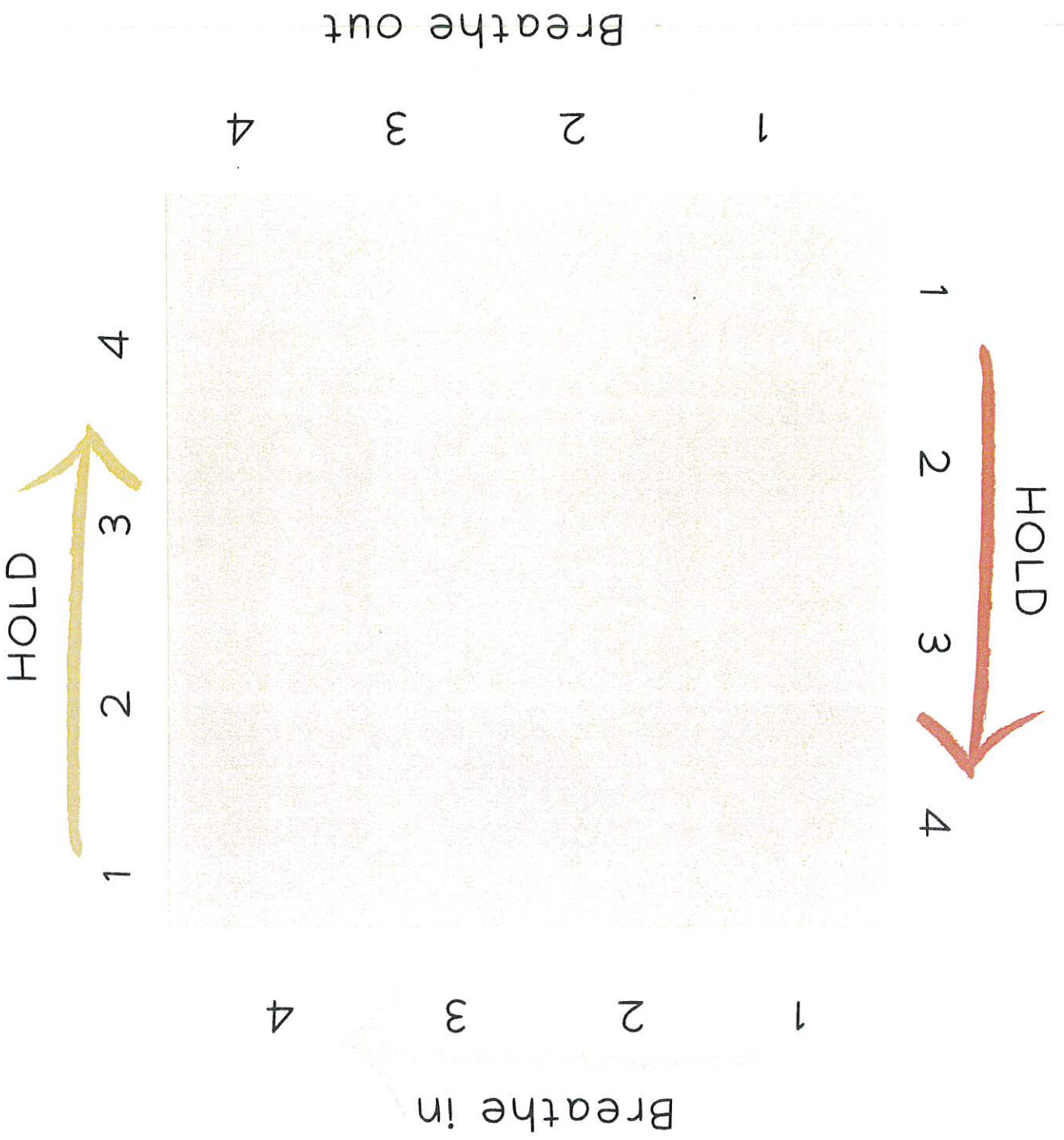
Pins and
needles

The need
to urinate

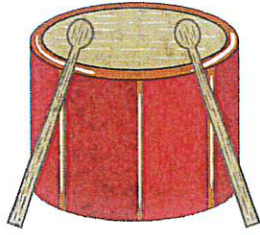


BREATHING EXERCISES

BOX BREATHING USING THE BREATH TO FOCUS THE MIND



BREATHING EXERCISES



Imagine your breath is like a marching band and you are beating it very slowly.

Breathe to the beat.

Breathe in to the beat of four

Breathe out to the count of four.

Blossoming Souls



Close your eyes and imagine you are holding a feather.

Breathe in slowly and fill your belly with as much air as you can.

Blow out slowly through your mouth and watch the feather float away.

Blossoming Souls

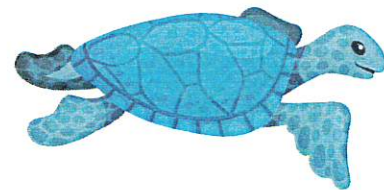


Imagine you are a mermaid about to blow some bubbles.

Breathe slowly in through your nose and fill your belly with air.

Breathe out slowly through your mouth and watch all the bubbles float through the water.

Blossoming Souls



Close your eyes and imagine you are a turtle swimming through the ocean.

Breathe in slowly and fill your belly with as much air as you can.

Blow out slowly through your mouth and imagine yourself swimming through the water.

Blossoming Souls

Empty rounded rectangular box for notes.

1 THING
YOU CAN
TASTE

Empty rounded rectangular box for notes.

2 THINGS
YOU CAN
SMELL

Empty rounded rectangular box for notes.

3 THINGS
YOU CAN
HEAR

Empty rounded rectangular box for notes.

4 THINGS
YOU CAN
SEE

Empty rounded rectangular box for notes.

5 THINGS
YOU CAN
FEEL

WRITE OR DRAW WHAT YOUR SENSES CAN IDENTIFY

GROUNDING TECHNIQUE

SPEAK KINDLY TO YOURSELF

I AM
ENOUGH

I BELIEVE IN
ME

I AM
WORTHY
OF LOVE

I TAKE
CARE OF
MYSELF

I AM IN
CHARGE OF
MY
DESTINY

IT'S OK TO
MAKE
MISTAKES

I CAN DO
HARD
THINGS

I MAKE
PEOPLE
SMILE

I AM
BEAUTIFUL

I AM SO
LOVED

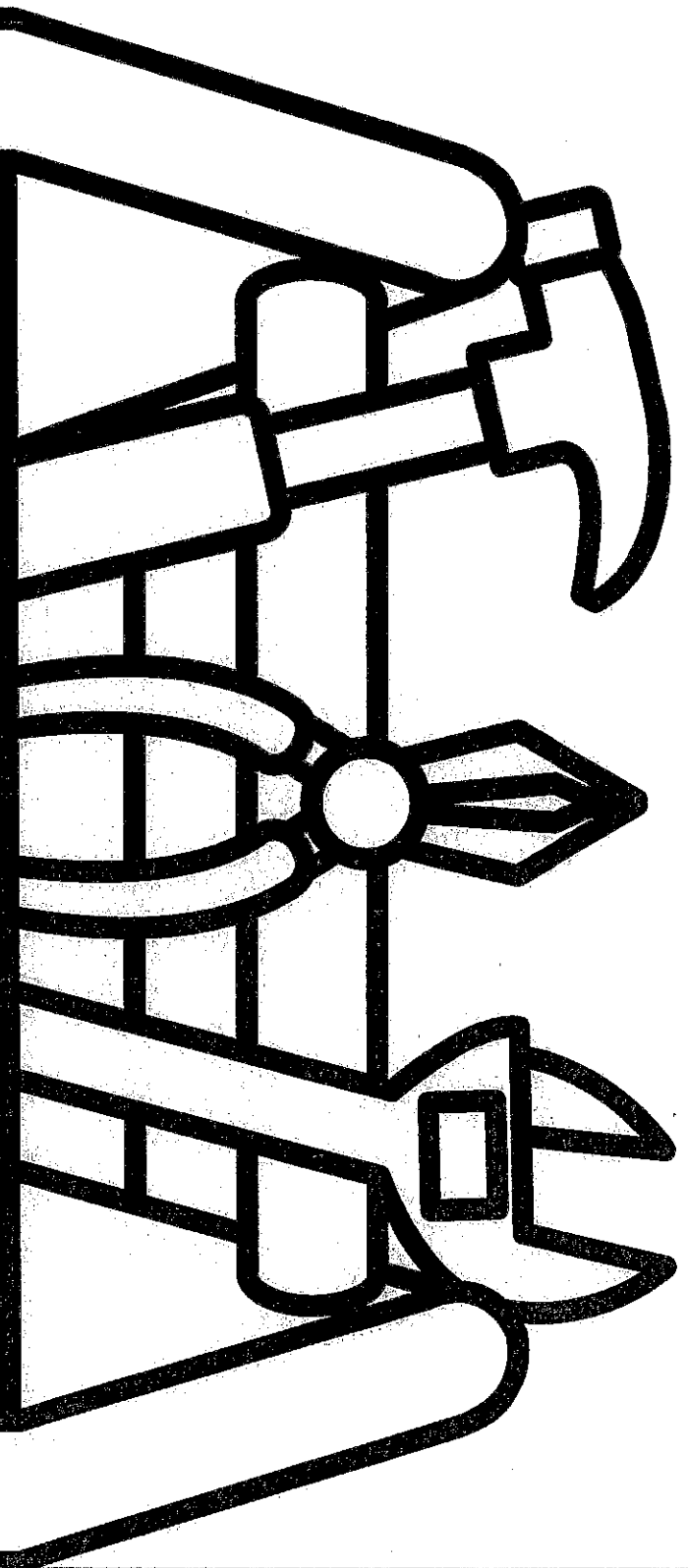
I AM A
GOOD
PERSON

I'M FLAWED
AND STILL
FABULOUS

I AM BRAVE

TODAY IS
MY DAY

COLOURING IN PAGE



MY
CODING
SKILLS
TOOLBOX

MY COPING TOOLBOX

The Magic TV Remote

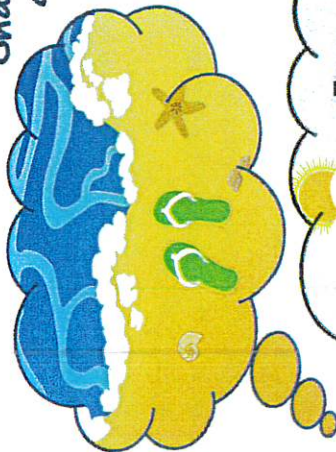
Using your imagination to create happy and calming thoughts can help you during difficult times.

Close your eyes and pick up your magic TV remote...

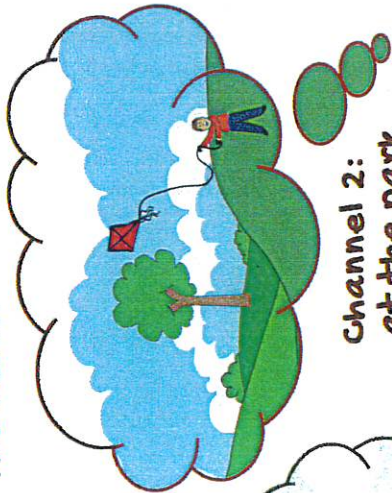
Visualise the tv channels below:



Channel 1:
at the beach



Channel 2:
at the park



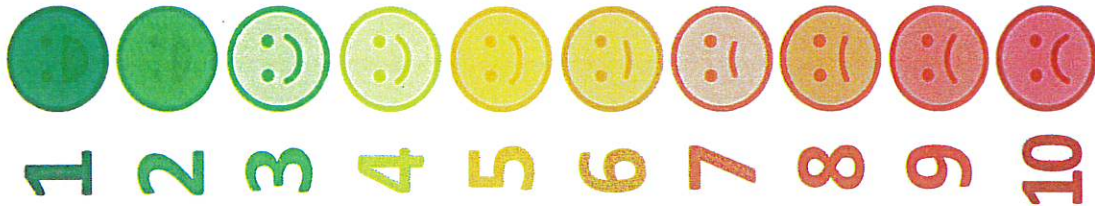
Channel 3:
on a mountain top



Which channel will you choose today?

Watch one of the channels above or create your own, & click through the TV until you find the one that works for you.

was this coping tool helpful?



1 very helpful for me

5 A little helpful for me

10 Not helpful for me

will I use this tool again?

Yes

No

why?

if you said **yes**,
tear out the square,
& add it to your toolbox!

Visualise



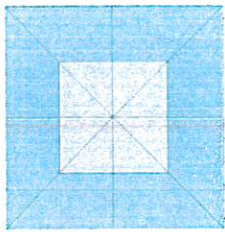
your camel TV channel

Chatterbox template: to create your own 'Coping Chatterbox'

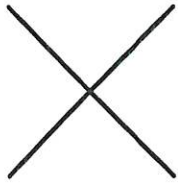
Cut out the Chatterbox template:

- ⇒ Cut out the whole square
- ⇒ Follow the instructions below & over the page to fold into a chatterbox

⇒ Add positive coping strategies to numbers 6, 7 & 8



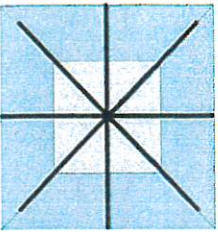
This side starts face up



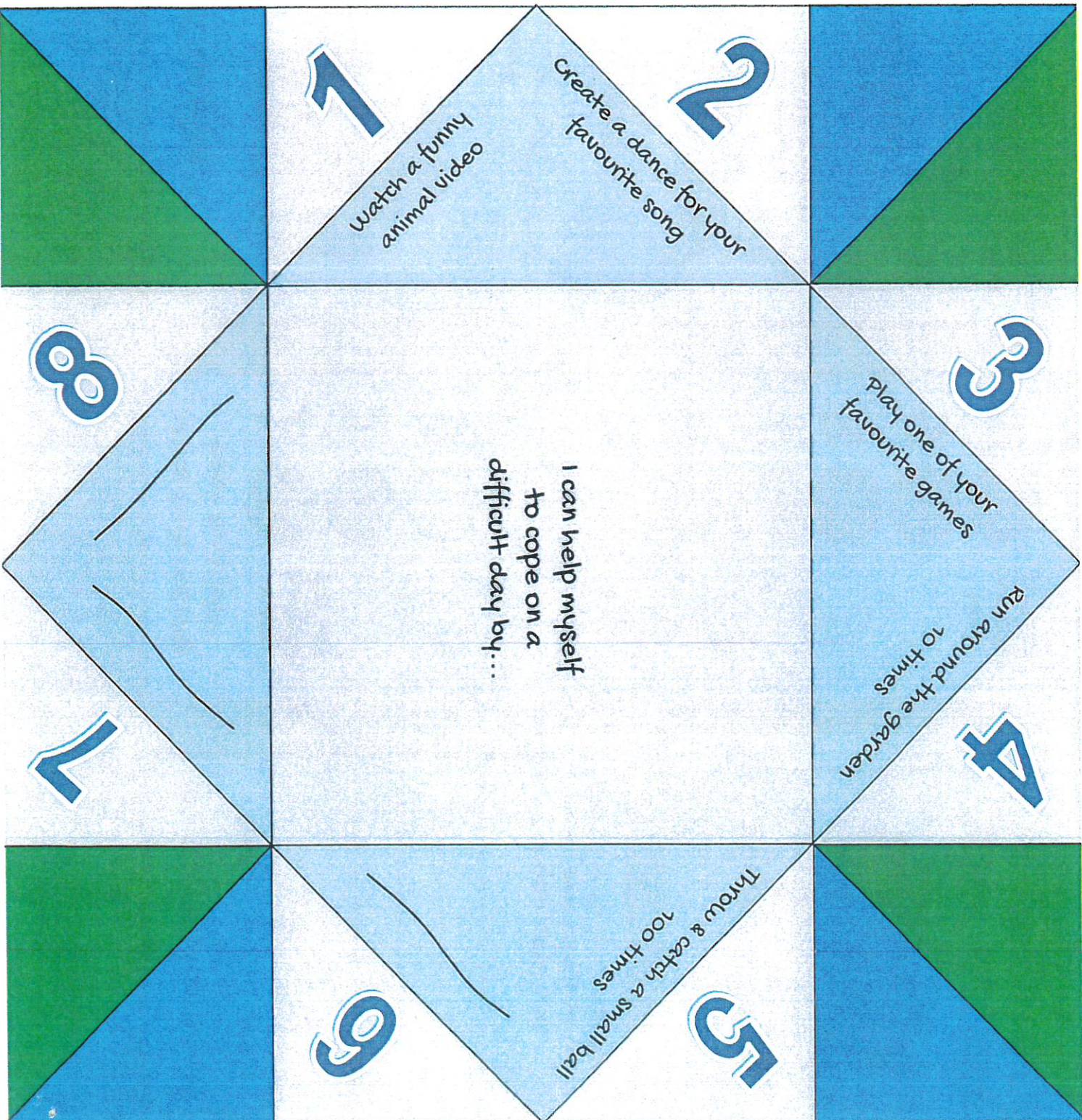
Fold corner to corner both ways



Fold in half both ways



Follow the guidelines



1 Create a funny animal video

2 Create a dance for your favourite song

3 Play one of your favourite games

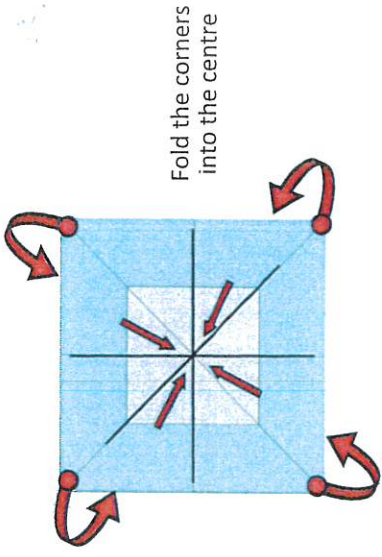
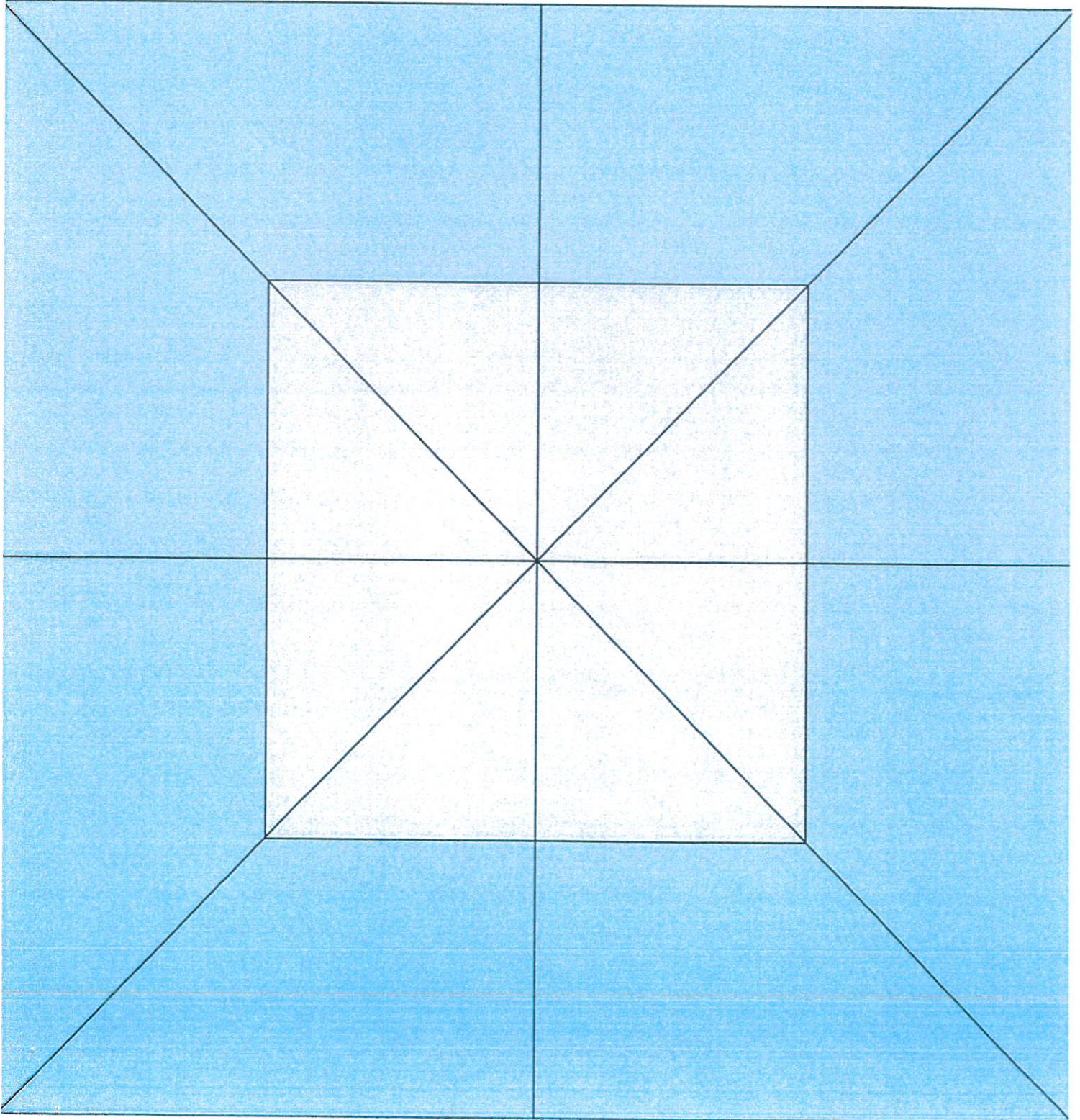
4 Run around the garden 10 times

5 Throw & catch a small ball 100 times

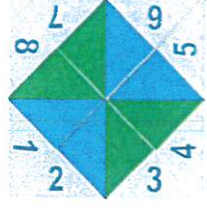
6 I can help myself to cope on a difficult day by...

7

8

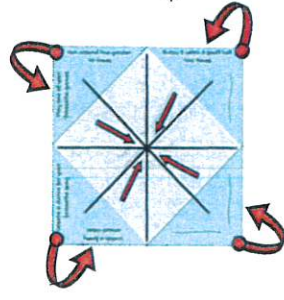


Fold the corners into the centre

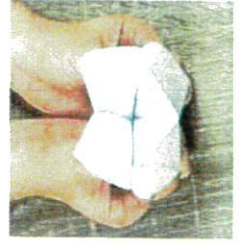


You should now be able to see the numbers & triangles

Turn over



Fold the corners into the centre again



Open out into a chatterbox

Underneath numbers 6, 7, & 8 list your own ideas

