

Coping Toolbox

You will need:

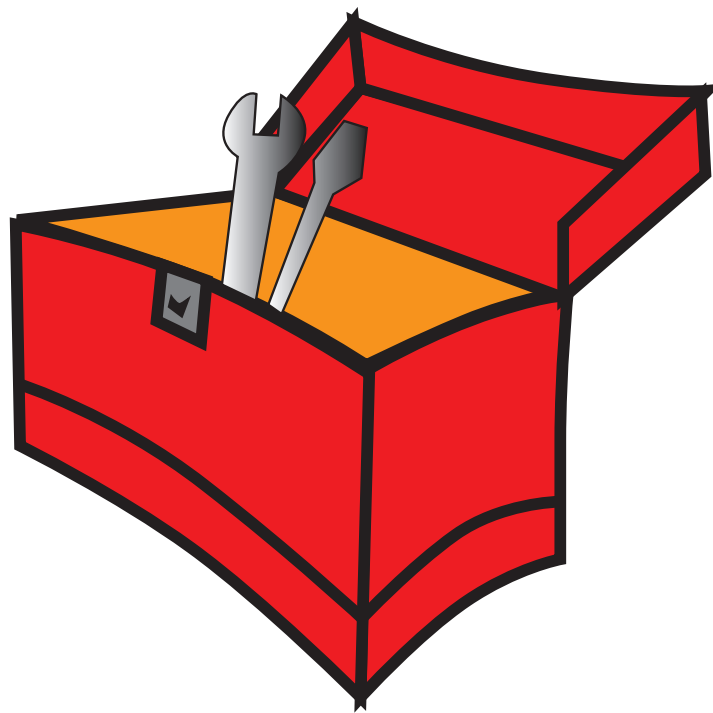
Any box or container – you could decorate it.

Helping your child to find ways to relax and cope is vital to help their mind and body switch off from their worries.

Explain that they should fill their coping toolbox with things which remind them of good times or will help them feel better.

Examples: Photos, drawings, a gift which someone has given them, a sachet of hot chocolate, a bath bomb, a list of activities they can do to relax: Cuddle a teddy, watch their favourite film, take 10 deep breaths etc.

If you don't have a box or container your child can find a special place in their room to put the items or simply list/draw on the toolbox activity below.



Optional:

- Ask your child to show you the things in their toolbox and tell you why they chose them.
- Create your own coping toolbox and show your child what you have in there and why.