

MY COPING TOOLBOX



Listen to ...



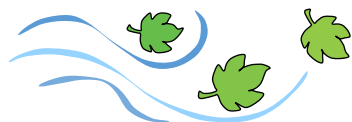
A great way to soothe yourself is to listen to something that relaxes you.



Try listening to these sounds on a music platform:



- Rain falling
- Ocean waves
- Birdsong
- The wind in the trees



Songs can also relax you:

- Sing a song
- Listen to your favourite song
- Create a song



Was this coping tool helpful?

1  Very helpful for me

2 

3 

4 

5  A little helpful for me

6 

7 

8 

9 

10  Not helpful for me

Will I use this tool again?

Yes

No

Why?

If you said **yes**, write or draw the sound or song you will listen to, tear out the square & add it to your toolbox!

Listen 
to 