

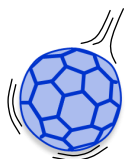
MY SUMMER TOOLBOX

Week 3 - Active or Soothing Exercises

An active exercise will help you feel more awake.

A soothing exercise will help you feel calm.

Try these active exercises:



- Ball activities
- Sit-ups
- Jumping on a trampoline
- Running or playing catch
- Playing in the park



Try these soothing exercises:



- Self-massage (head, hands, arms, neck, feet)
- Humming
- Butterfly hug
- Body scan
- 5, 4, 3, 2, 1 Grounding



More information about these exercises is on the next few pages.

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 your favourite active or soothing activity, tear out the square & add it to your toolbox!

Complete an

exercise