



MY COPING TOOLBOX

Barnardo's Education Community booklet
developed in collaboration with
Lancashire Young Carers



Introduction to the 'My Coping Toolbox' booklet

Sometimes there can be difficult days and challenges around change in our daily routines, and the people who usually support us might not be available.

This booklet is for you to learn and practice new ways to feel calm and happier when you are feeling worried, overwhelmed, stressed or anxious.

You will start by making your own coping toolbox, and there are lots of activities for you to try. The activities you find the most helpful can be added to your toolbox.

There are also some fun templates that you can use to create your own coping chatterbox, volcano of challenges, and wellbeing dream catcher!

FOR PARENTS/CARERS:

The purpose of this booklet is for children (ages 6 - 12) to learn skills and coping tools that can help them to self-regulate when there are challenges or difficult days.

There are a range of activities and exercises, including a 'try and score' section for children to identify what works well for them and what can support them.

You can support your child by encouraging them to try some of the suggested strategies within this booklet. It is important to continue to practice the ones that they find most helpful.

There are instructions for each activity, scissors and glue may be required.

When printing this booklet ensure that the settings are 'print on both sides' and 'flip pages on short edge'

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Lancashire Young Carers



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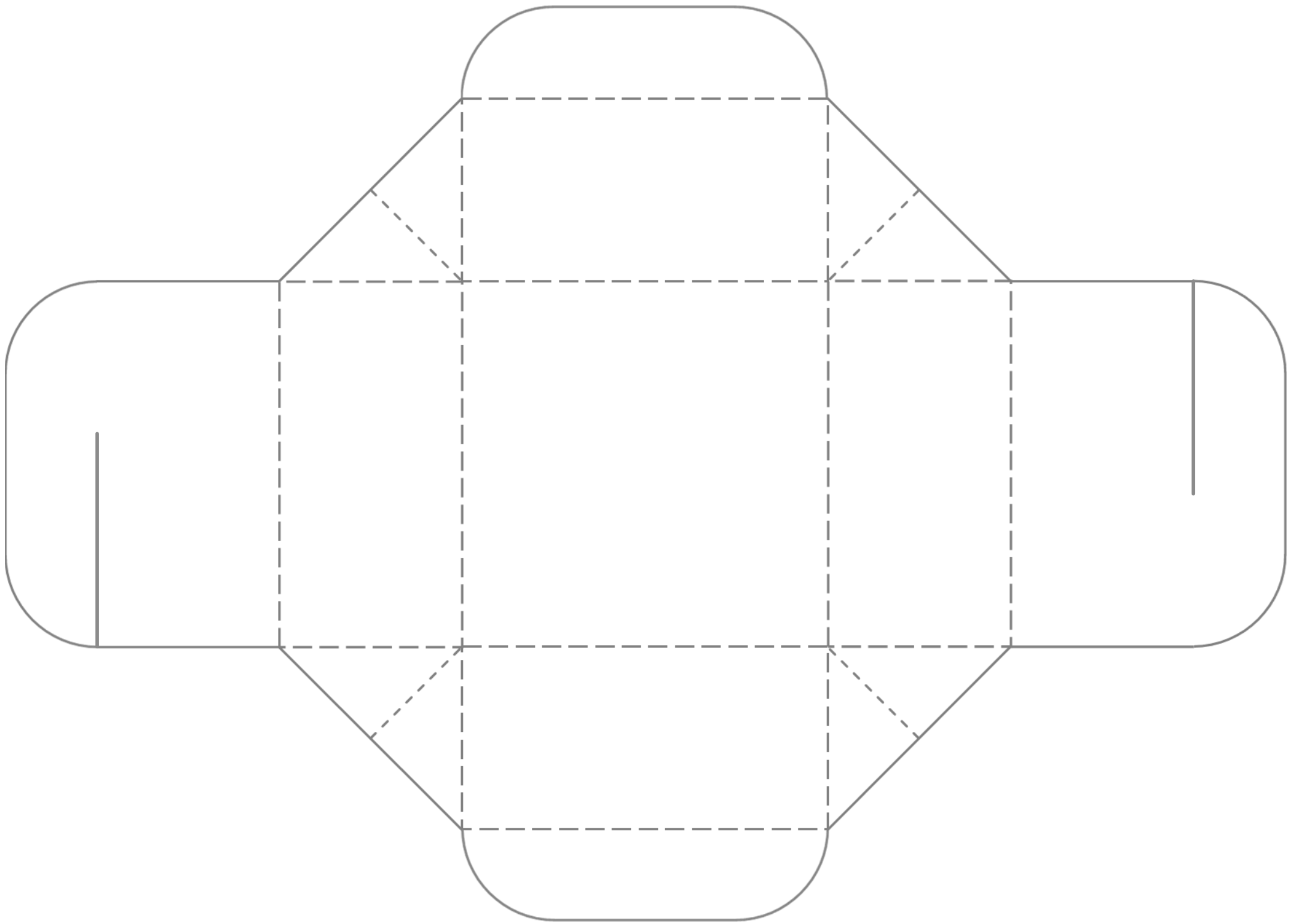
Toolbox template:
to create your own
'First Aid Coping
Toolbox'



**First aid
coping
toolbox**

Cut out the box template:

- ⇒ Cut along the solid lines
- ⇒ Fold along the dotted lines
- ⇒ Fold into box shape
- ⇒ Glue corner areas to create 3D box
- ⇒ Link the lid slots into one another to shut the lid



MY COPING TOOLBOX

Get Creative

Getting creative is one of the best tools you can use to help you when there are challenges.

Try these creative activities:

- Build something
- Doodle
- Make a cake
- Garden - grow something
- Play a musical instrument
- Make origami
- Calming colouring-in
- Create a new game to play

Which creative activity did you enjoy the most?

Are there any other creative activities that you enjoy which help you feel calm?



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?

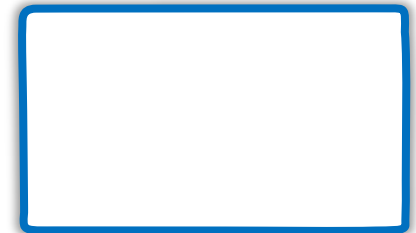
Yes

No

Why?

If you said **yes**, write how you like to get creative, tear out the square & add it to your toolbox!

get creative by





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The Magic TV Remote

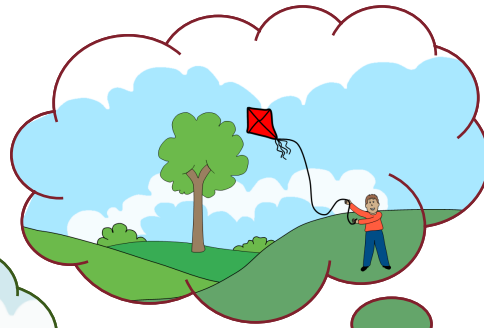
Using your imagination to create happy and calming thoughts can help you during difficult times.

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

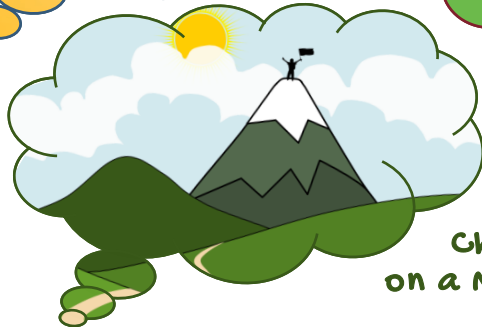
Visualise the TV channels below:



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

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**,
tear out the square,
& add it to your toolbox!

Visualise



your calm
TV channel



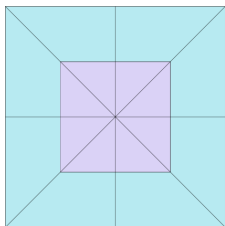
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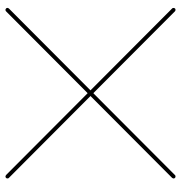
Chatterbox template: to create your own 'Coping Chatterbox'

Cut out the Chatterbox template:

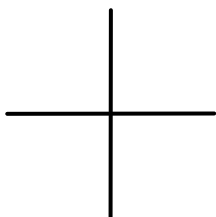
- ⇒ Cut out the whole square
- ⇒ Follow the instructions below
& over the page to fold into
a chatterbox
- ⇒ Add positive coping strategies
to numbers 6, 7 & 8



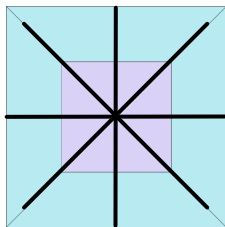
This side starts
face up



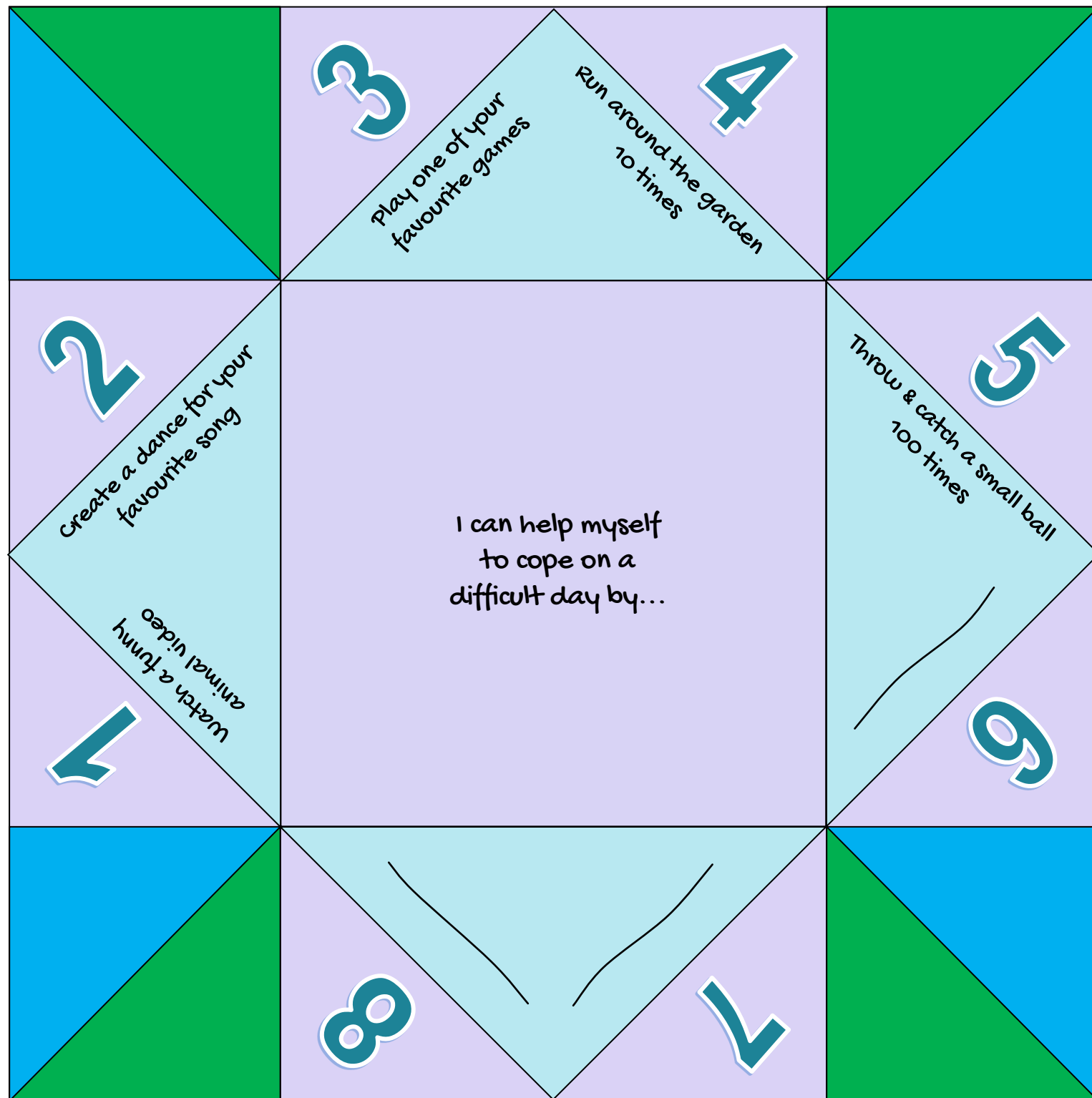
Fold corner to corner
both ways

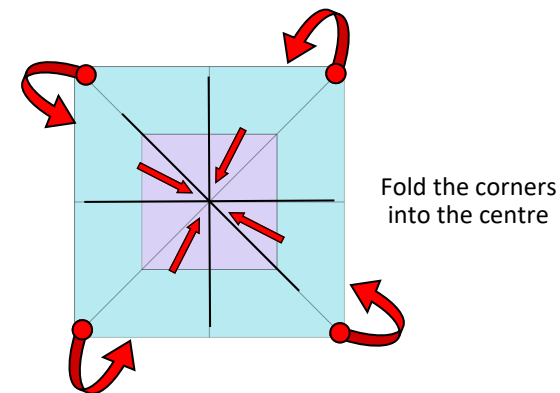
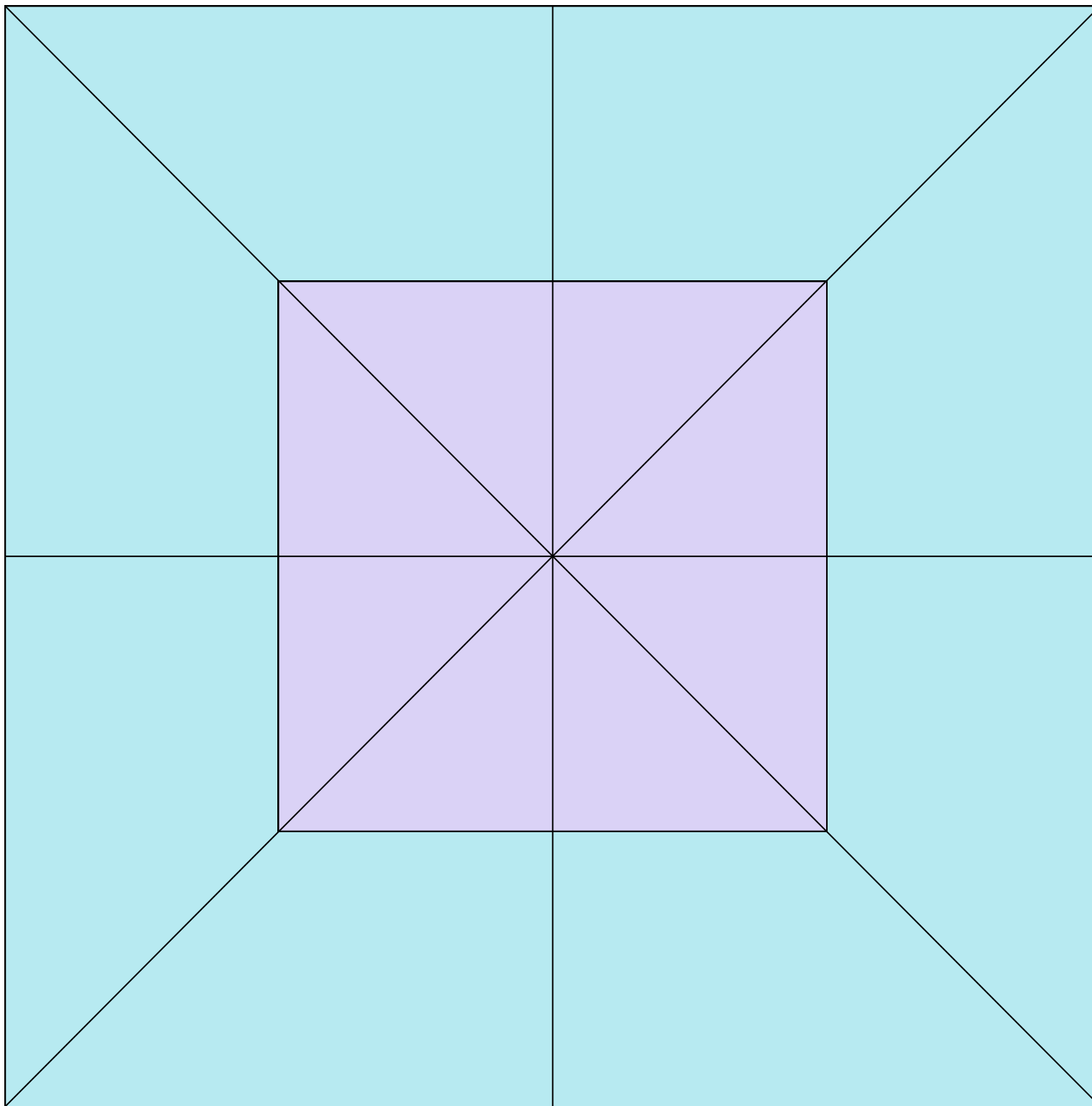


Fold in half both ways

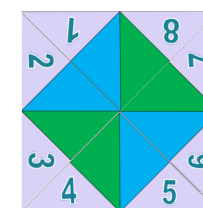


Follow the guidelines



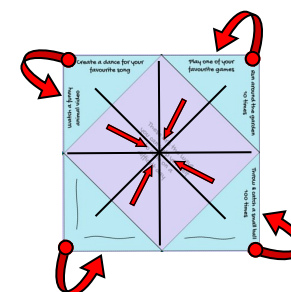


Fold the corners
into the centre



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

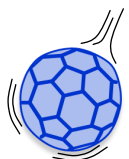
MY COPING TOOLBOX

Active or Soothing Exercises

An active exercise will help you feel more awake.

A soothing exercise will help you feel calm.

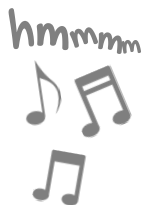
Try these active exercises:



- 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?

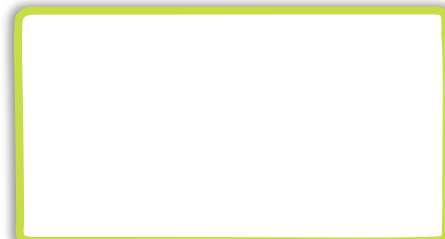
Yes

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



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Self-massage

Head -

Gently rub your ears between your fingertips.

Lightly draw circles along your hairline, cheeks and above your eyes.

Place your fingers on either side of your head, between your eyes and ears, and gently move them up and down.

Hands and arms -

Sit down and relax one arm, place it on top of your leg.

Push the bottom of your other hand slowly down your arm.

Press firmly enough to feel some heat but don't give yourself a burn!

Neck and shoulders -

Drop your shoulders down and slowly tuck your chin into your chest to stretch your neck.

Roll your shoulders forward and backward slowly to help your muscles feel more relaxed.



Feet -

With your hands, squeeze your toes gently.

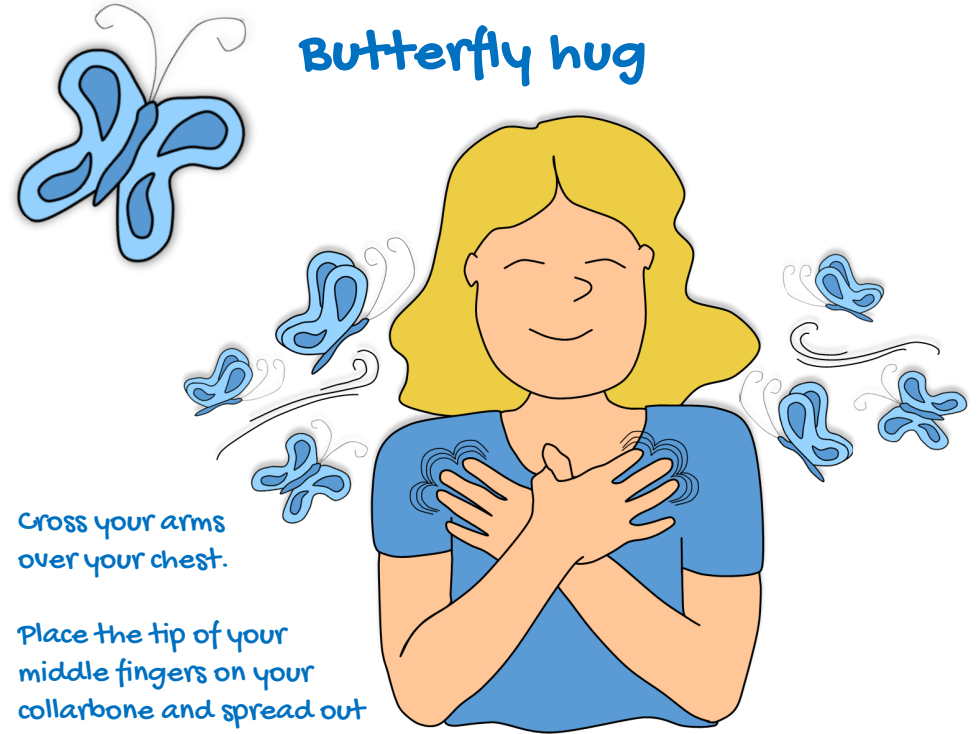
Move your toes forward and backward.

Repeat this until your toes feel warm and relaxed.

Use your thumbs to massage the bottom of your foot in the middle part where it is soft.

Try different movements such as: pressing, circular motions, or rubbing.

Butterfly hug



Cross your arms over your chest.

Place the tip of your middle fingers on your collarbone and spread out your fingers like a butterfly.

Lock your thumbs together to form the butterfly's body and your other fingers will form the butterfly's wings.

Close your eyes and start to move each hand up and down one at a time.

Breathe slowly and see if you can notice what is happening in your mind and body, like your thoughts and feelings.

Imagine that you are flying through the sky with clouds passing by.

Do this exercise for a few minutes, until you feel calmer.

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Body Scan

Take a few slow, deep breaths and when you are ready, close your eyes.

When you do this exercise, notice the different parts of your body and focus on the feelings and sensations that happen.

Concentrate on your breathing, take as much time as you need to focus properly on your body scan.

Start by focusing on your head and work your way down your body.

From your face, to your neck, shoulders, chest, arms, hands, belly, hips, legs, knees, ankles, finishing with your feet.

When you have scanned your whole body, open your eyes and take a minute to sit quietly before returning to the rest of your day.



5, 4, 3, 2, 1 Grounding



Name out loud:

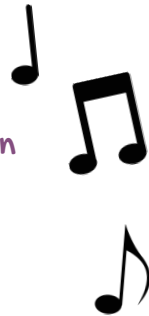
- 5 things you can see around you
- 4 sounds you can hear
- 3 things you can smell
- 2 things you can touch
- 1 taste in your mouth

MY COPING TOOLBOX



Listen to ...

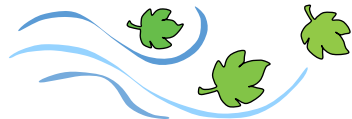
A great way to soothe yourself is to listen to something that relaxes you.



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



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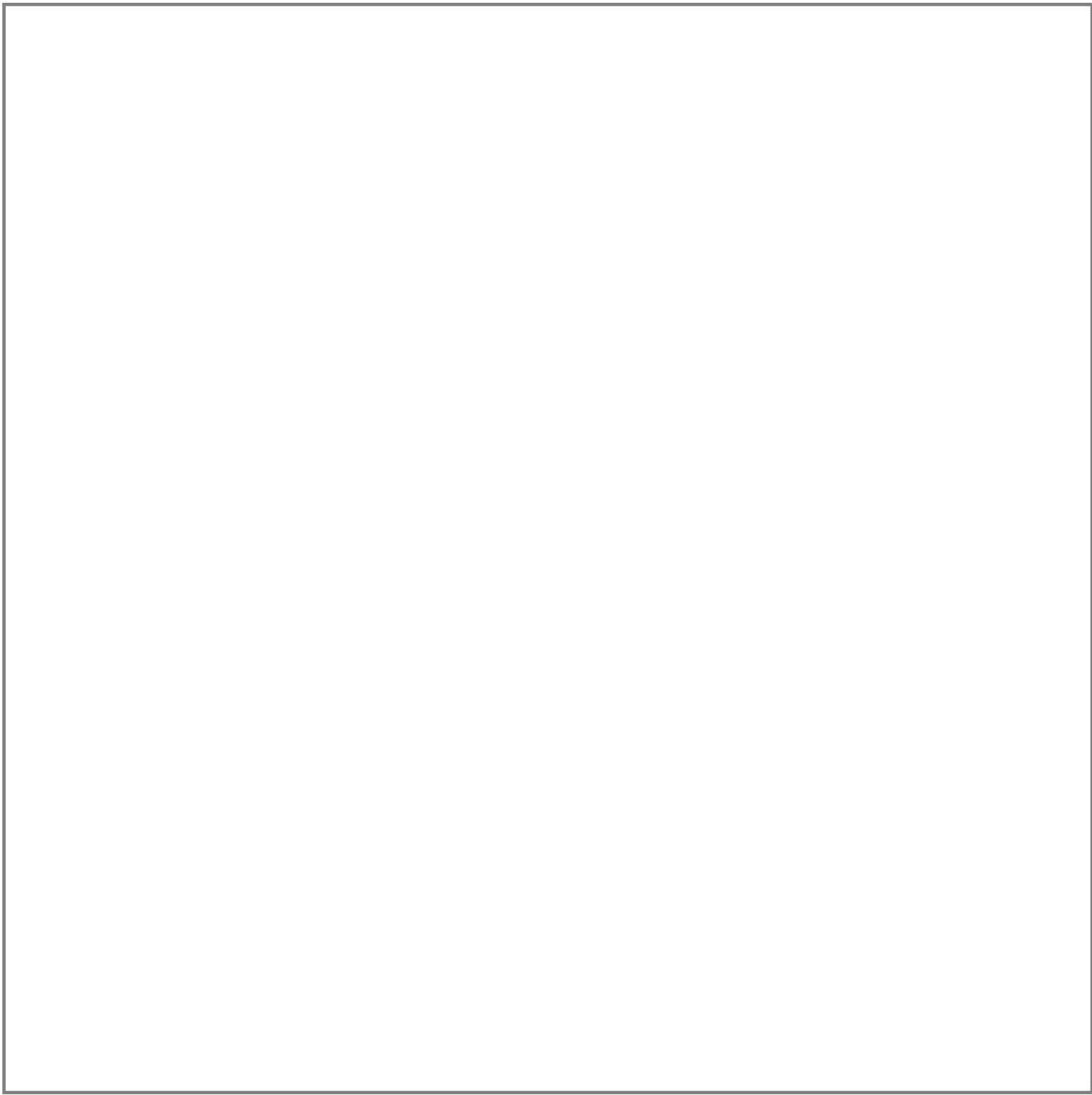
MY COPING TOOLBOX

Base template: to create your own 'Volcano of Challenges'

Cut out the volcano template:

- ⇒ Colour-in your volcano & base
- ⇒ Cut along the solid lines
- ⇒ Cut out the base & attach the volcano by gluing the base-tabs

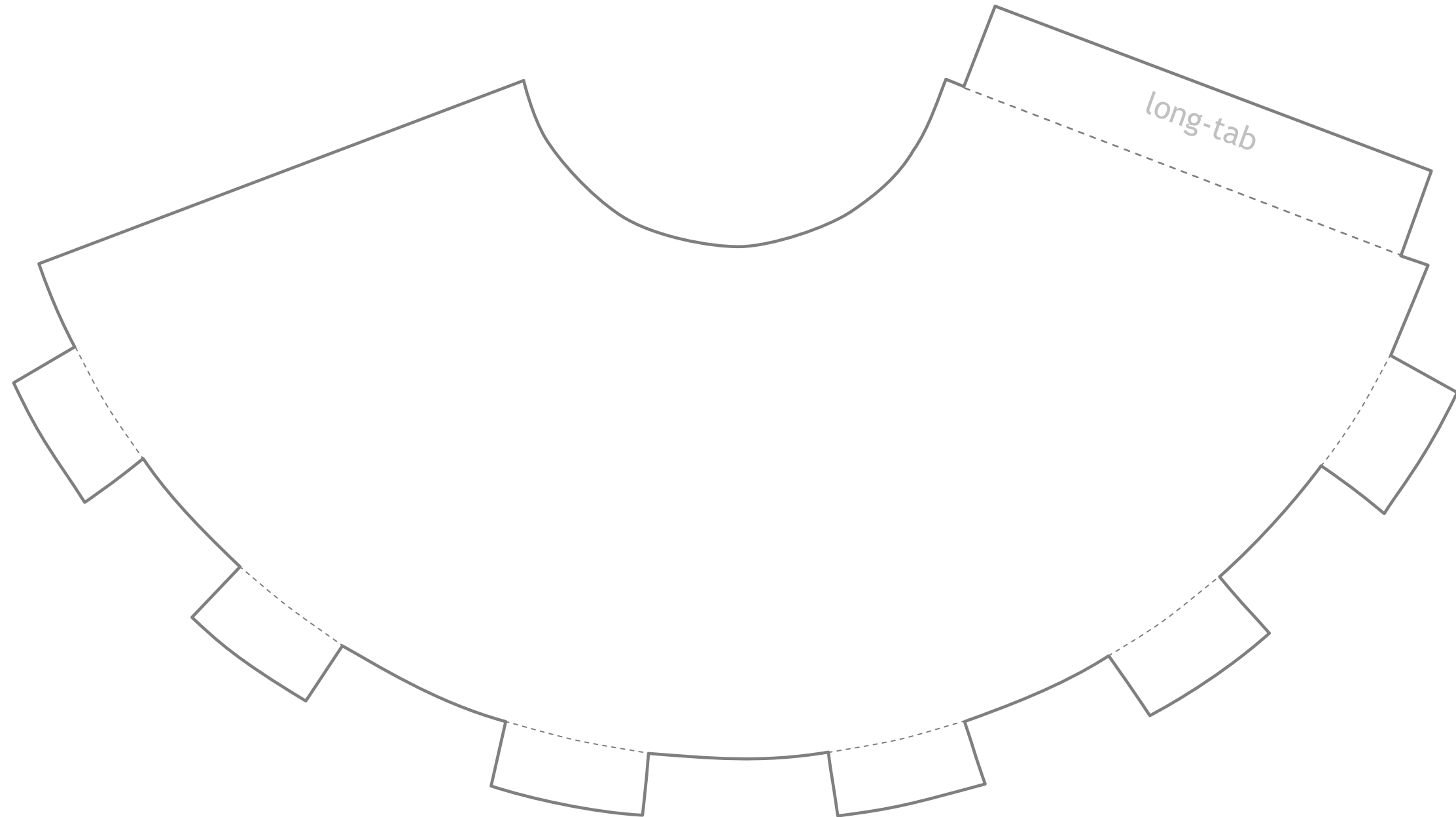


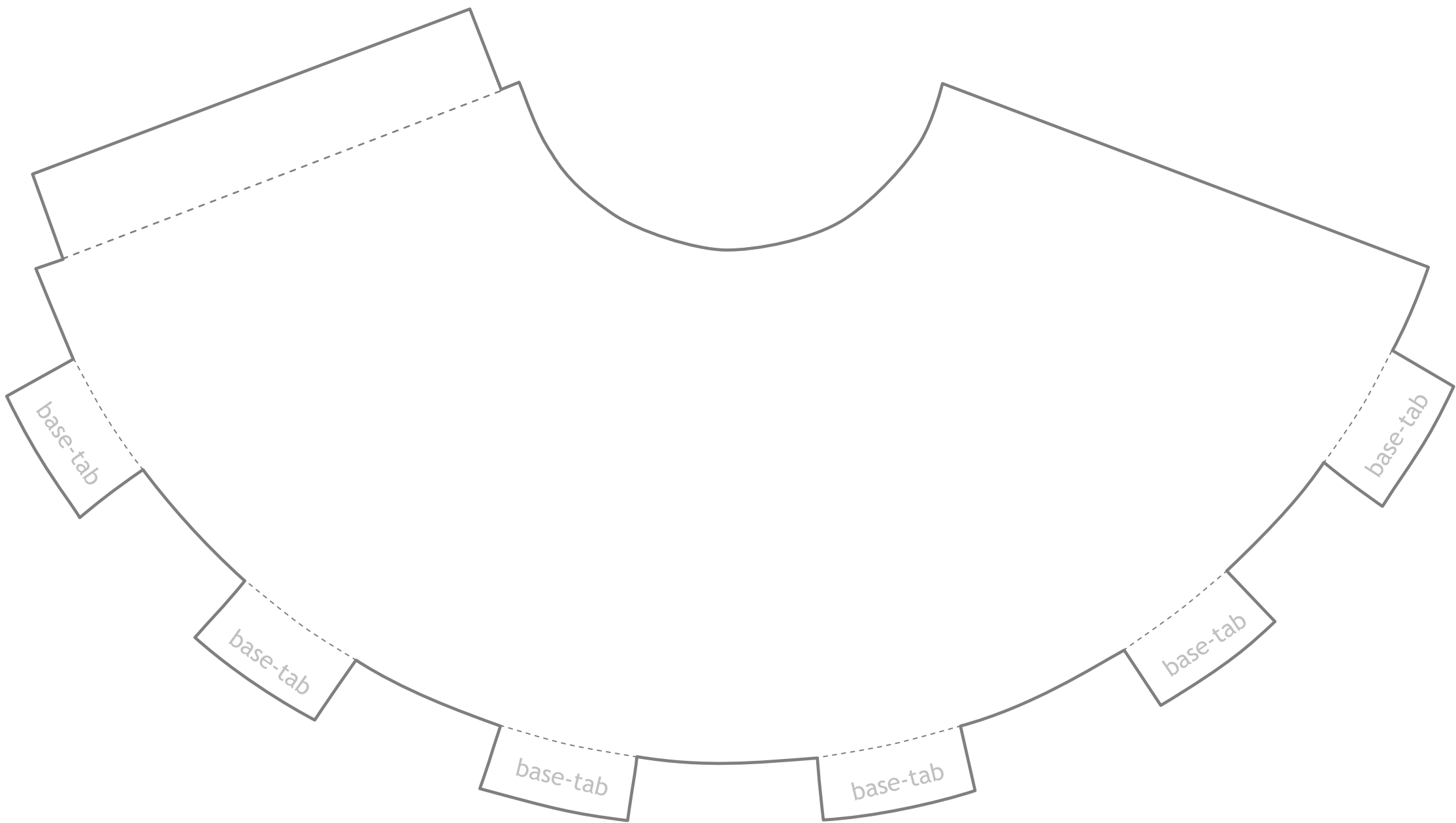


**Volcano template:
to create your own
'Volcano of Challenges'**

Cut out the volcano template:

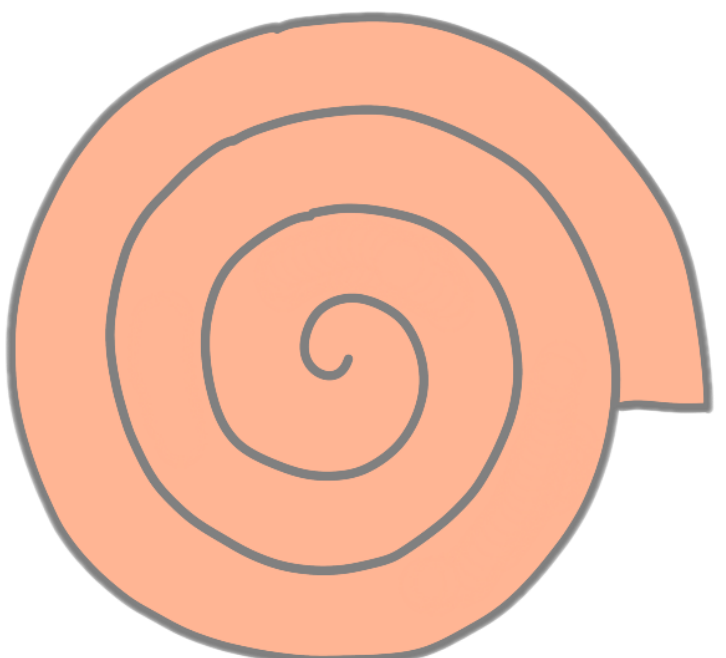
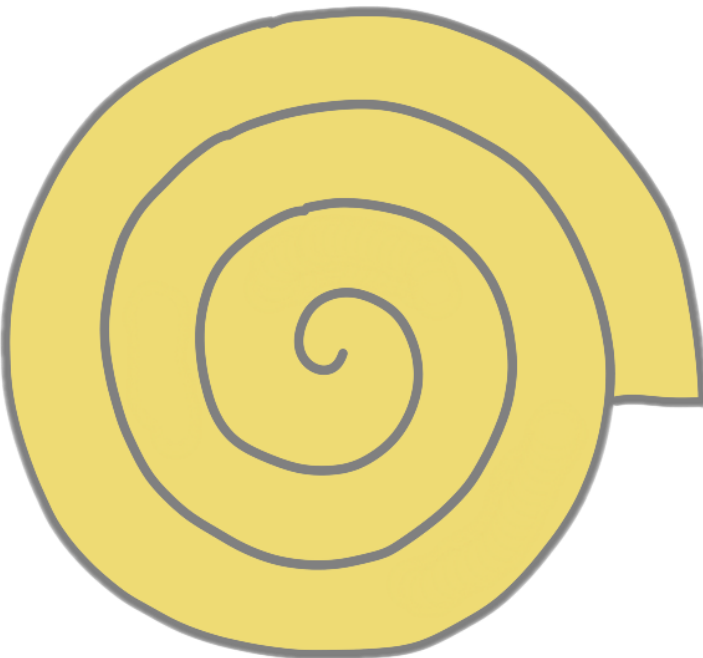
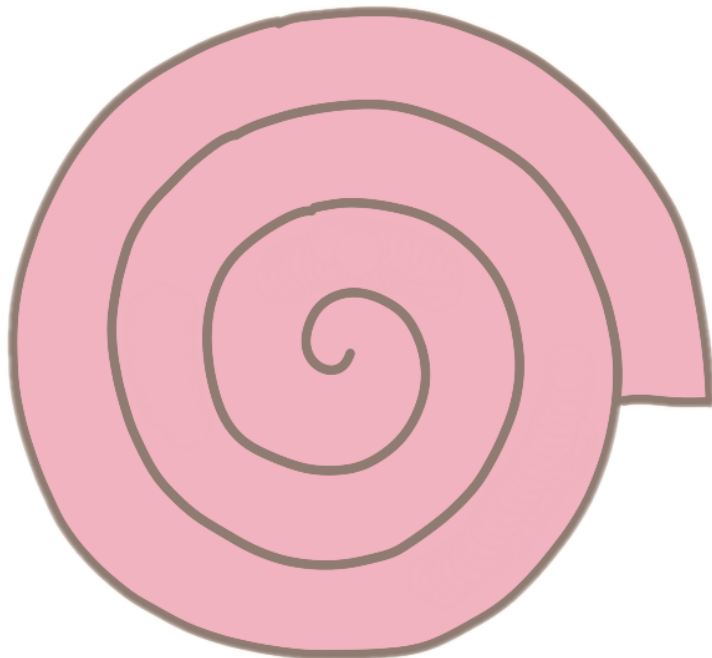
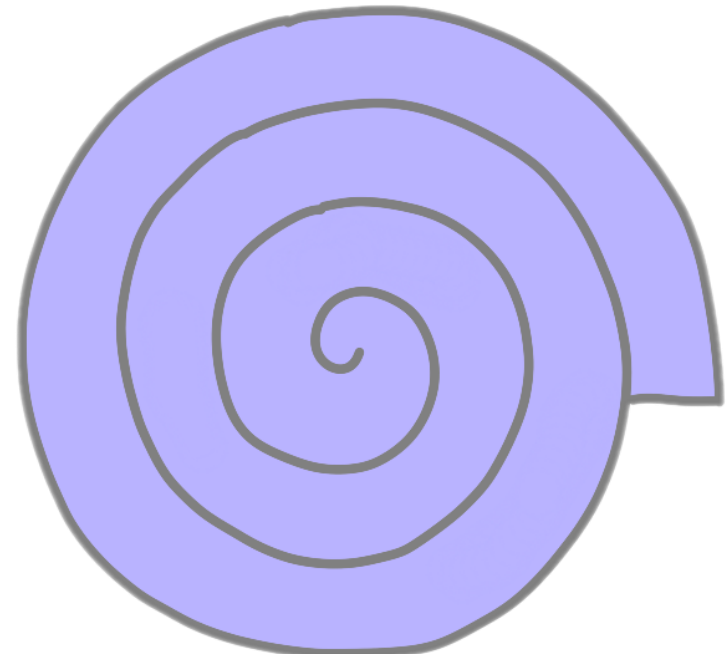
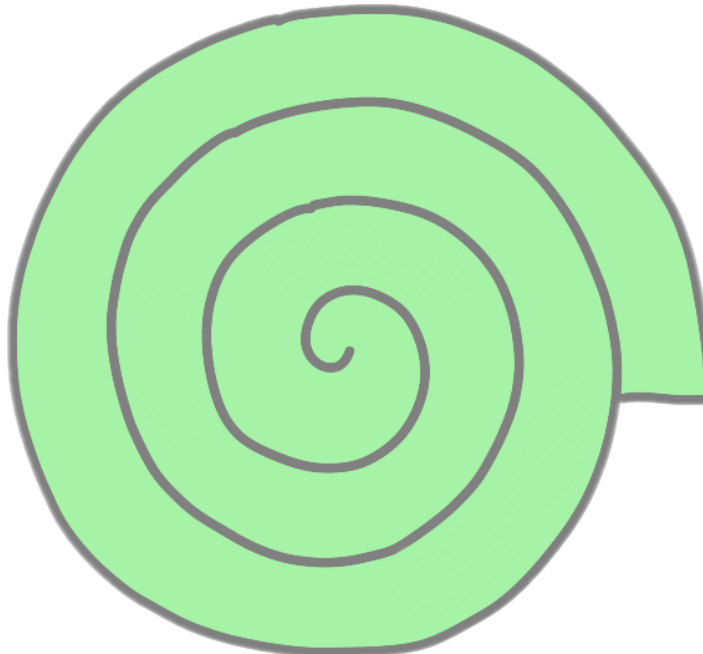
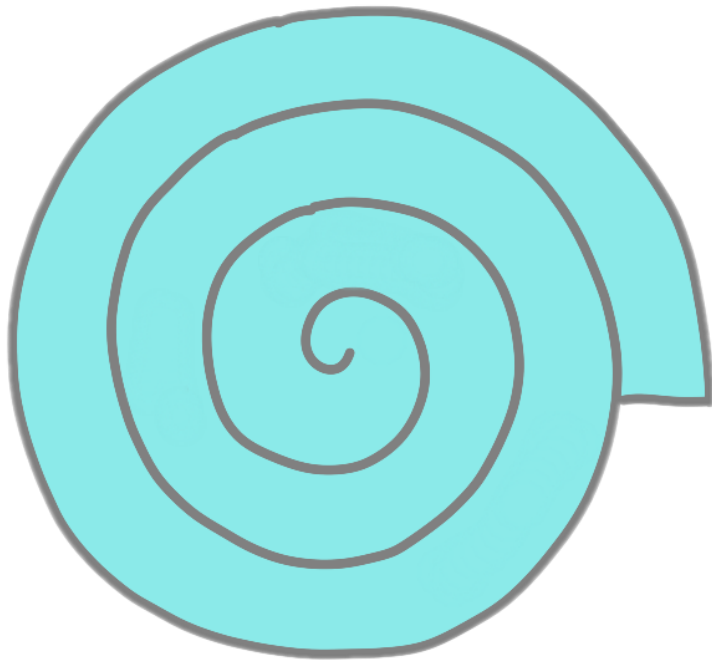
- ⇒ Colour-in your volcano & base
- ⇒ Cut along the solid lines
- ⇒ Fold along the dotted lines
- ⇒ Curl into a cone shape
- ⇒ Glue the long-tab area to create a 3D volcano
- ⇒ Cut out the base & attach the volcano by gluing the base-tabs





Swirls to add to the crater of your 'Volcano of Challenges'

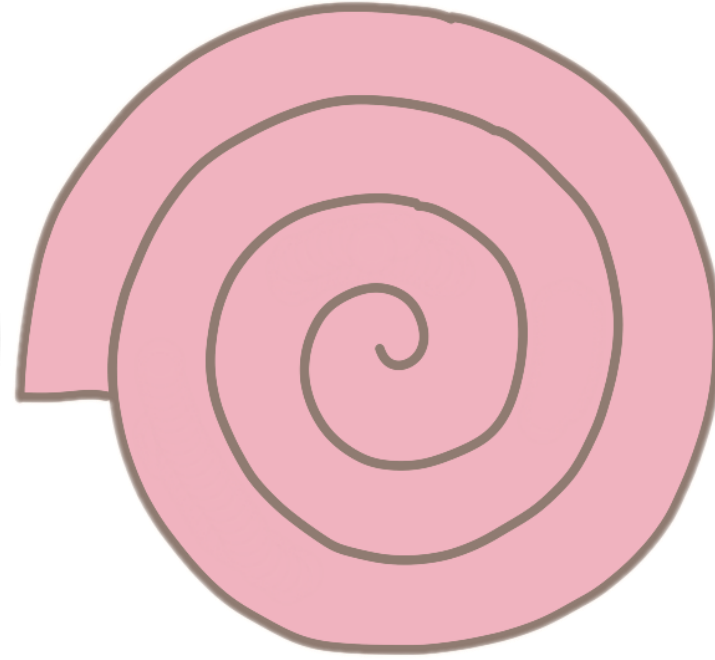
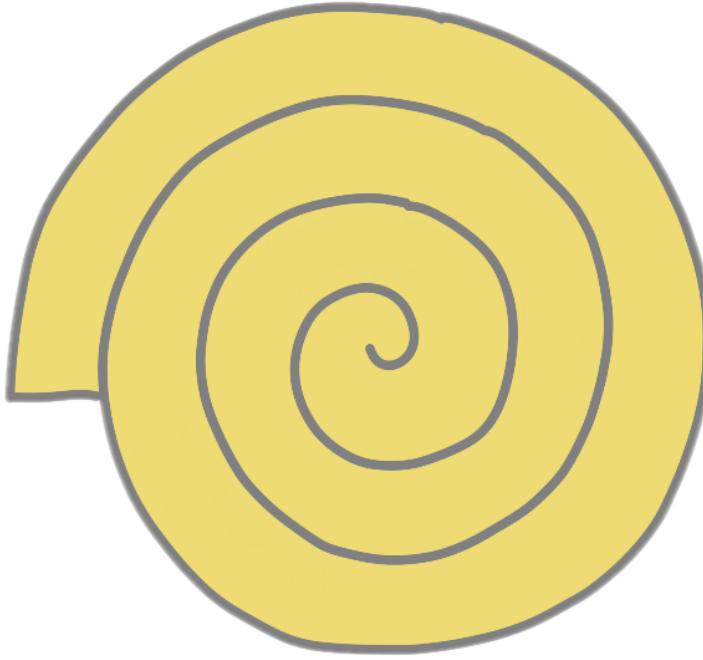
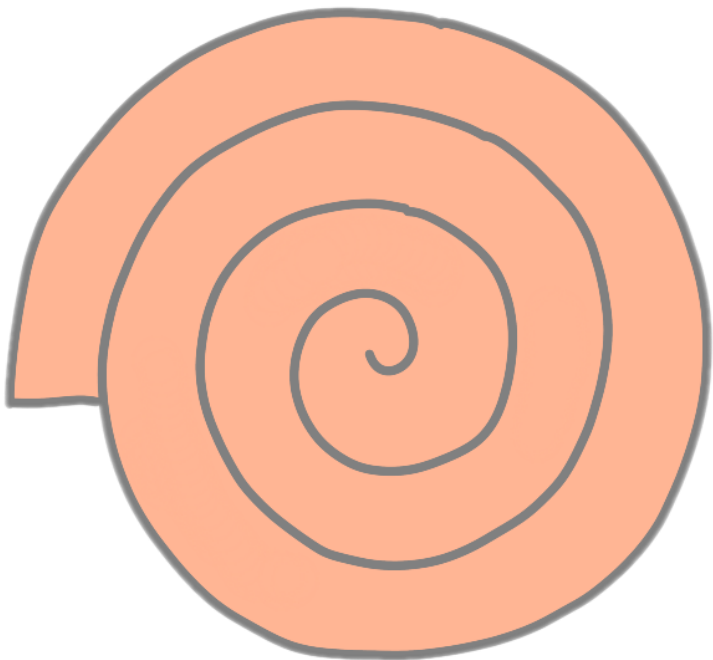
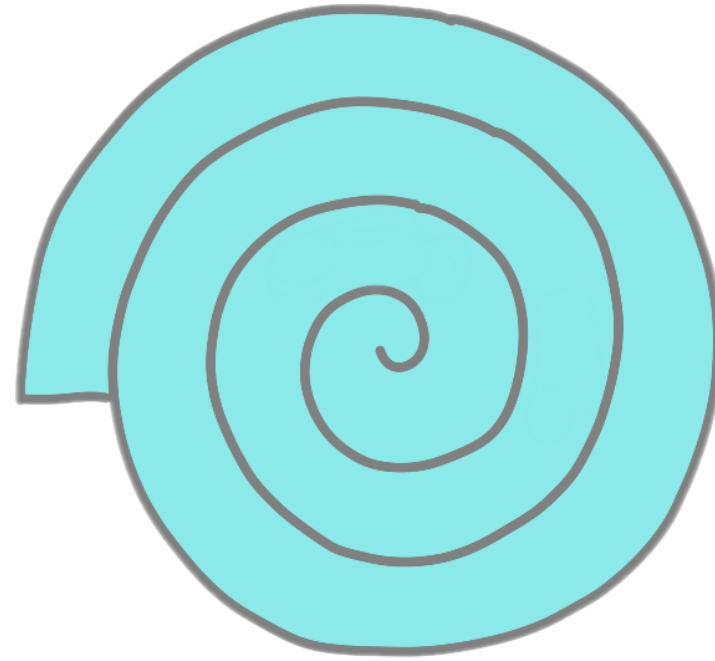
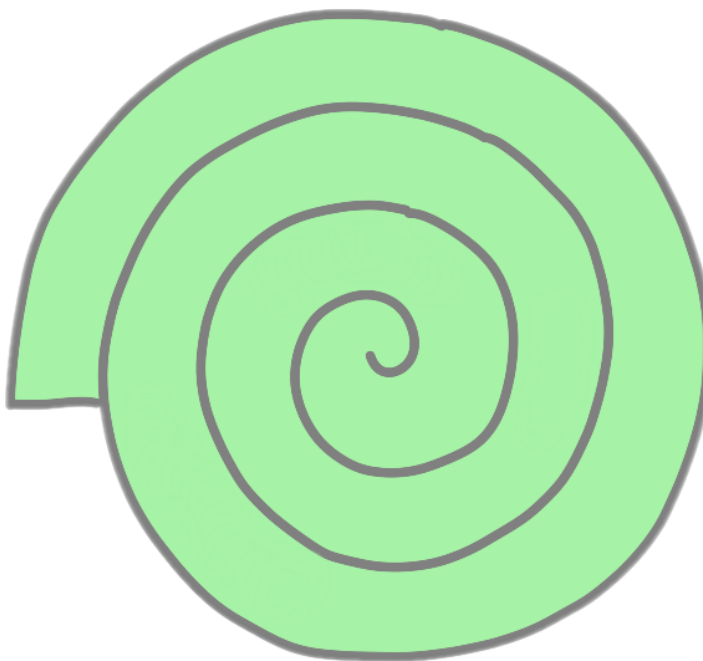
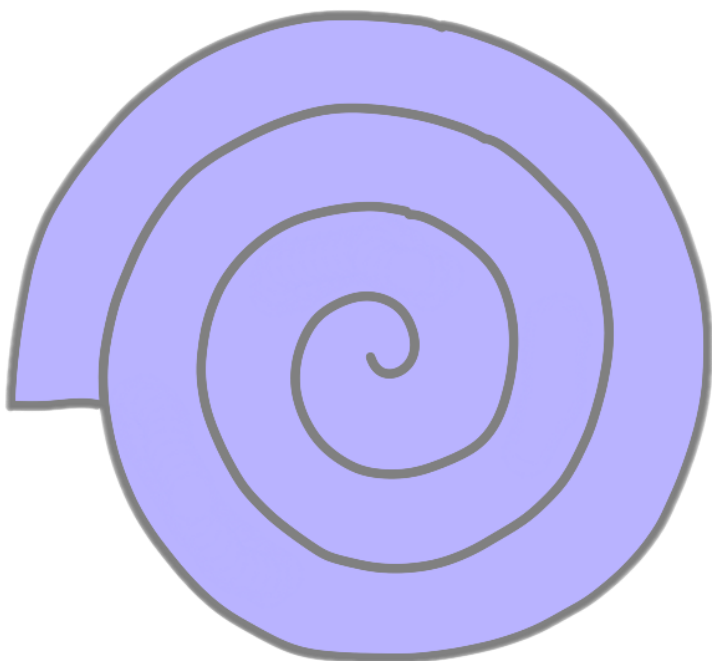
Instructions on the opposite side



- ⇒ Colour-in & make your volcano & base
- ⇒ Cut out the swirls

⇒ Write on the swirls and complete:
'A challenge for me is ...'

- ⇒ List the things that you find challenging/difficult
- ⇒ Stick the swirls to the crater of the volcano
- ⇒ The swirls should look like lava exploding out!



MY COPING TOOLBOX

Draw My Feelings



Draw how you are
feeling today
in the box below:

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

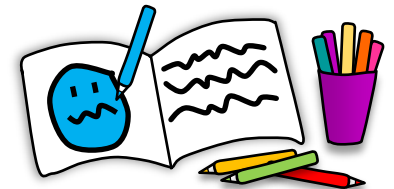
Will I use this tool again?

Yes

No

Why?

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



Draw my
feelings
on a piece
of paper

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Dreamcatcher template: to create your own 'Wellbeing Dream Catcher'



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Inside the dreamcatcher:

Write down any sad or negative thoughts that you are having at the moment.

For example, feeling worried or sad.

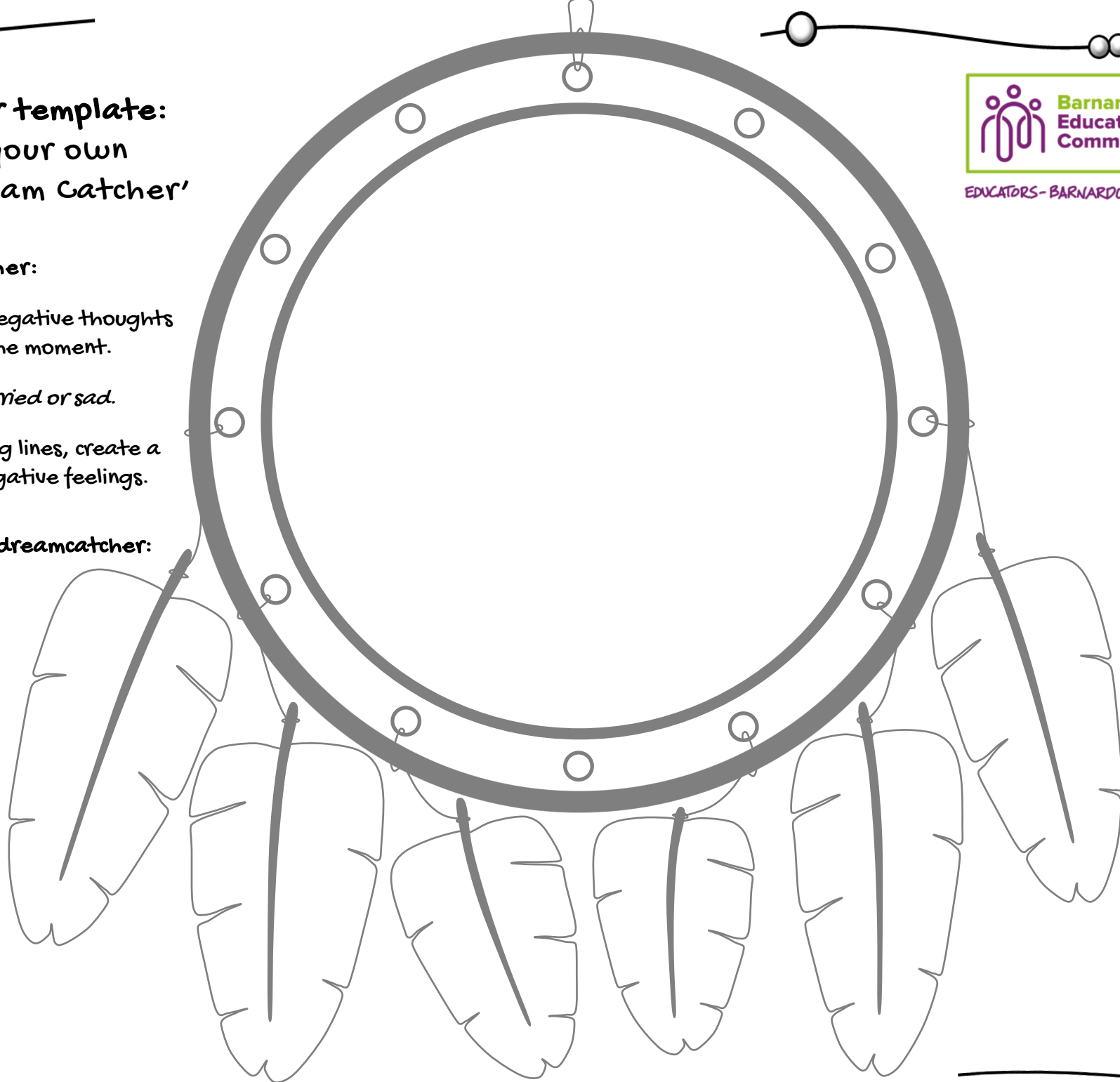
Using string or by drawing lines, create a web to "catch" these negative feelings.

On the **feathers** of the dreamcatcher:

Write or draw all of the people, places, or things that you love to keep your sad / negative feelings inside!

You might also like to decorate your feathers with bright colours.

If the sad / negative feelings ever escape, those powerful words around the outside will push them back in!





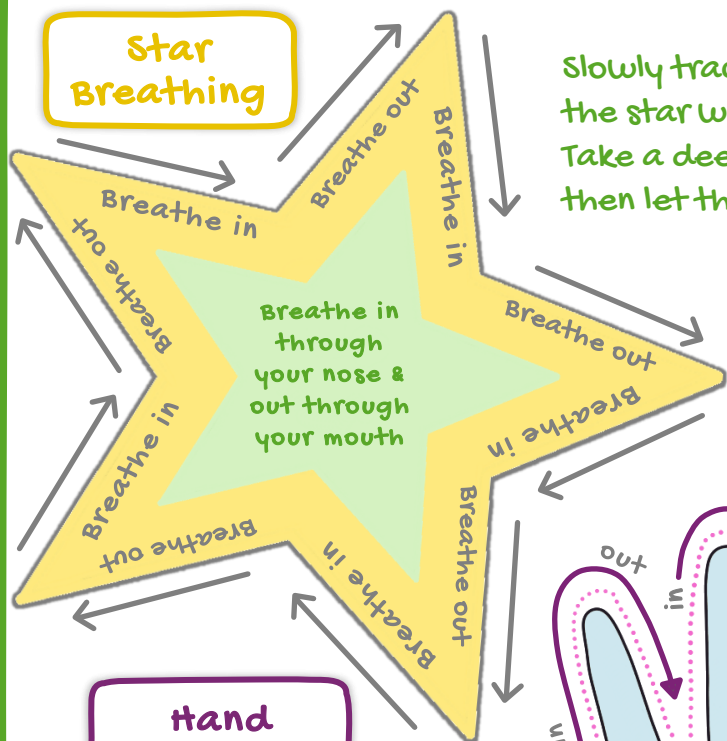
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Relaxation Tools

Star Breathing



Slowly trace the sides of the star with your finger, Take a deep breath in & then let the breath out

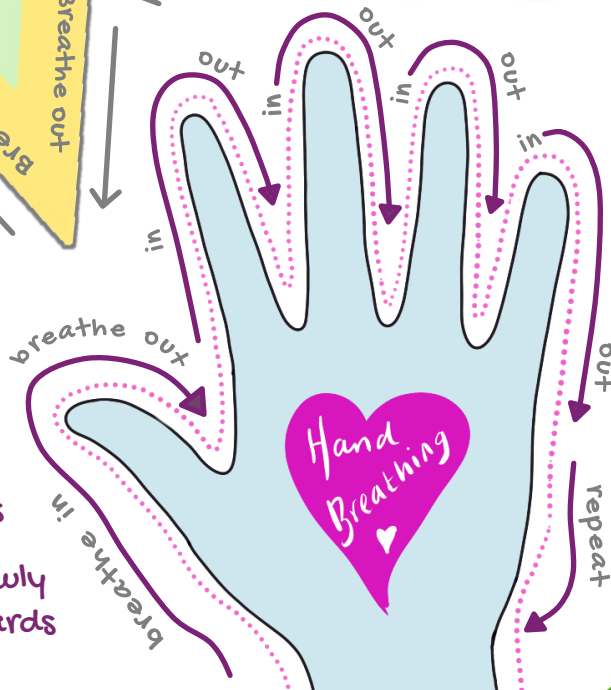
Repeat until you feel relaxed

Hand Breathing

Trace the outline of your hand

Breathe in slowly as you trace upwards

Then breathe out slowly as you trace downwards



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, tear out the square, & add it to your toolbox!

Use a



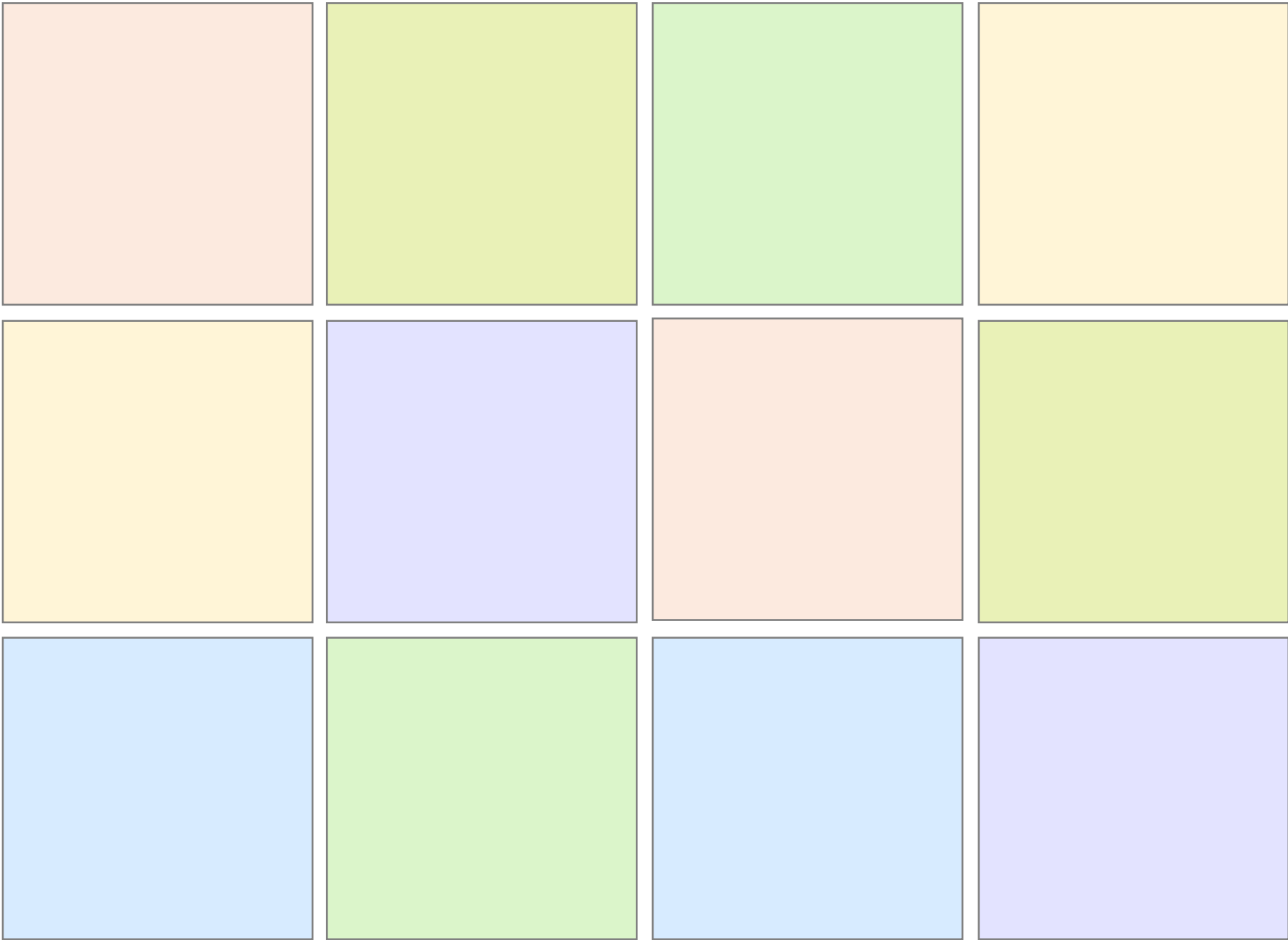
relaxation tool

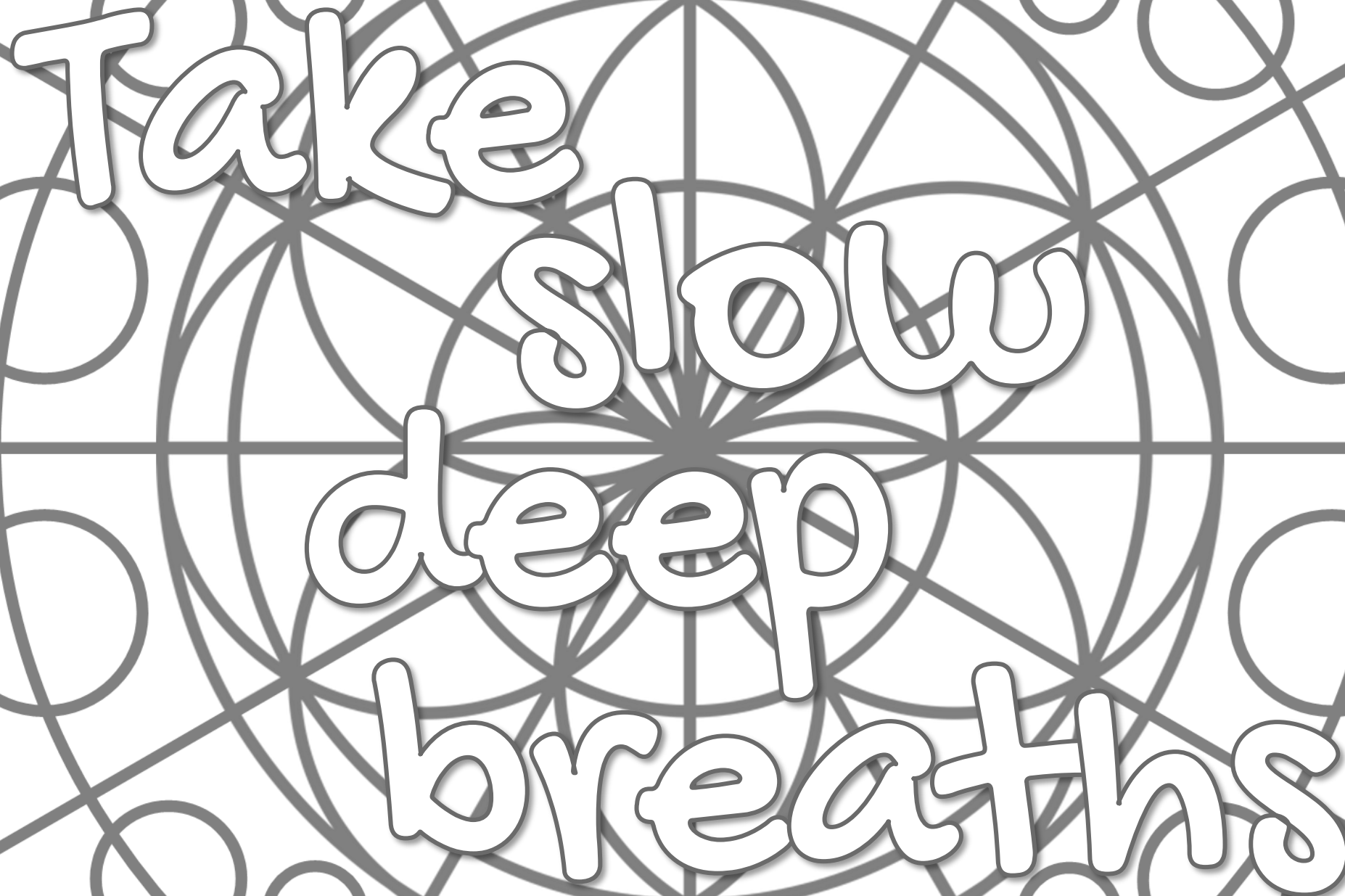


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MY COPING TOOLBOX

Use these squares to add more positive coping tools to your toolbox:





Take
slow
deep
breaths



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