



Creating a Toolbox



Choice and Control

Sharing Ordinary Places

Being Someone

Contribution

Belonging

Why? Being able to regulate our emotions is a skill that can take time to learn and develop. Sometimes, when we are feeling stressed, worried or overwhelmed, it can be difficult to know what might help us feel calmer.

Creating a toolbox of strategies encourages us to think about and plan the things that work best for us as individuals. Having a range of coping strategies in one place can help us feel more prepared, more in control and better able to respond to difficult emotions when they arise.

This activity can help you create your own toolbox of helpful strategies (tools) that can support you to stay strong, feel calmer and manage big feelings when they occur.

This activity can be used alongside the Traffic Light Toolbox resource.



How: With someone who knows you well, think about the things that help you feel calm, safe, happy or strong.

Draw, collage, paint or write these ideas into the toolbox template provided or design your own toolbox. Be as creative as you like!

Things you might put in your toolbox:

- Deep breathing exercises
- The name or picture of a trusted person
- Positive self-talk phrases
- A comfort object
- A favourite song or playlist
- Things that make you feel happy

Sensory tools you could include:

- A stress ball or fidget toy
- Playdough or putty
- A soft blanket or cushion
- Calming scents
- Drinking a cold drink or a crunchy snack
- Going for a walk or stretching
- Looking at favourite photos or pictures.

