



Creating a Toolbox



Why? Being able to self-regulate is something that we are often expected to be able to do easily. Sometimes this can be quite challenging, and we need simple and demonstrable ways to do so.

It can be helpful to make sure that the ways we find to self-regulate are carefully thought about, planned and individual. This can help us feel more in control at times of stress.

This activity can help you to create your own toolbox of helpful ways (tools) that can help you to stay strong when you are experiencing big feelings.

In the blue box, we have suggested some ideas to help get you thinking about your own tools.

With someone who knows you well, have a think about the things that can make you feel calmer and happier.

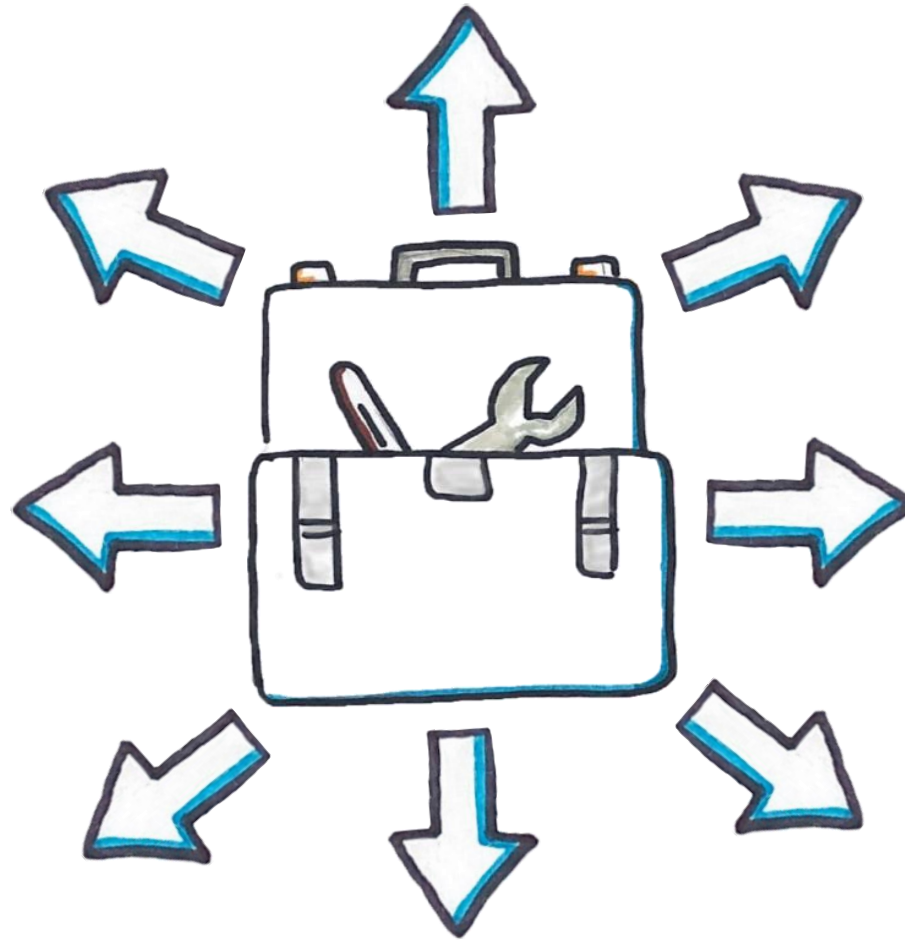
*You may already know many of the ways you stay strong!

Draw, collage, paint or write them into the toolbox template provided or design your own tool box – be as creative as you feel comfortable to be.

Things you might put in it:

- Deep breathing
- A name or picture of a trusted or safe person
- A positive self-talk phrase
- A comfort object
- Favourite song
- Things that make you feel happy





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