

Building Our Coping Toolboxes

Life is not easy. Each of us are constantly faced with difficulties of all kinds. That's why it is important that we each build our own coping tool box.

Steps to build your own coping tool box:

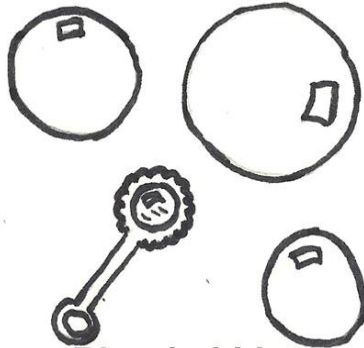
1. Print out the following coping strategy squares and coping tool box. If you need a larger coping tool box, you can use a poster board.
2. Pick out the ones that you would like to try.
3. Colour the coping strategy squares you have selected.
4. Glue the coping strategy squares to your coping tool box.
5. Now it's time to try these coping strategies!

My Coping Toolbox

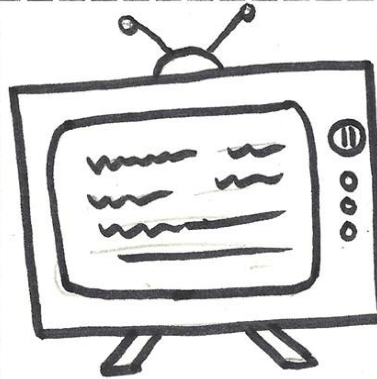
A large, empty rounded rectangular box with a thick black border, intended for writing or drawing. The box is centered on the page and occupies most of the lower two-thirds of the image.



Stretch



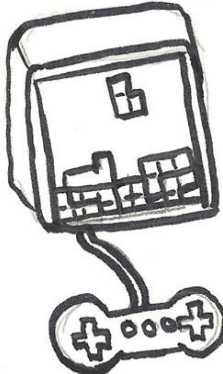
Blow bubbles



Watch a movie or TV



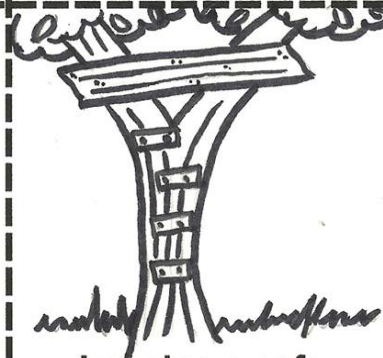
Read a book



Play videogames



Move your body



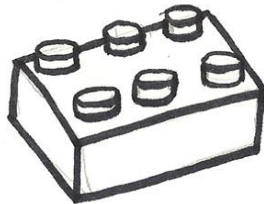
Imagine a safe, calm place



Play with clay or play dough

I am feeling...
I will ...
I want to...
I believe ...

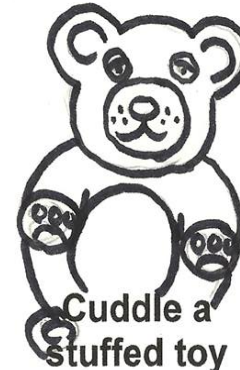
Use an "I statement"



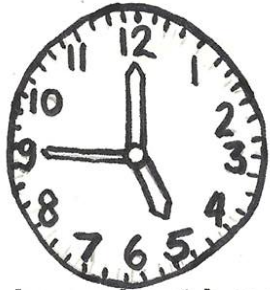
Play with Lego



Take a nap



Cuddle a stuffed toy



Take a short break
to calm down

10

1-2-3-4-5-6-7-8-9
Count to 10



Write in a journal



Play with friends



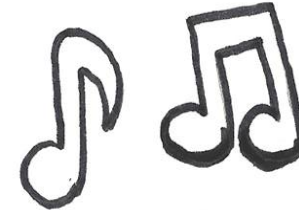
Colour or draw



Get a drink of water



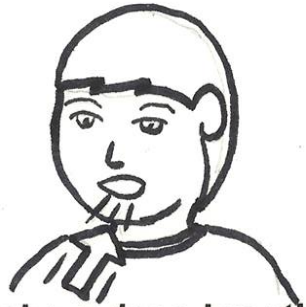
Squeeze a
stress ball



Listen to music



Be with a pet



Take a deep breath



Take a bubble bath



Talk to an adult
about your feelings

Draw your own coping strategies in these squares.

A 4x4 grid of squares, each defined by a dashed black border. The grid is intended for drawing coping strategies. The grid consists of 16 squares arranged in 4 rows and 4 columns. The dashed lines are black and of medium thickness. The squares are empty, providing space for drawing.

Are you proud of your coping tool box?

Send us a picture of your coping tool box...

Contact *Reading to Flourish* on our Facebook page, website or through our email!