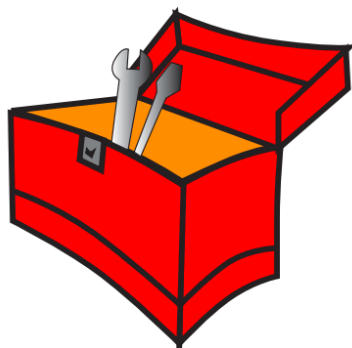


# Wellbeing Wednesday



with Mrs Clifford

## Week 1 - Coping Toolbox



You will need:

Any box or container – you could decorate it with wrapping



paper, pens

or paints

Life is upside down right now. It is important for our minds and bodies to find ways to relax and switch off our worries. A **coping toolbox** is one way we can remember and share with each other the things that make us feel better. You may have a special memory of a good time or something that made you smile.

Examples to use:

- ✚ a photo of your family or friends
- ✚ drawings
- ✚ a small gift you received from a loved one
- ✚ a special pebble or stone you found on a walk
- ✚ a sachet of hot chocolate
- ✚ taking 10 deep breaths

*If you don't have a box or container you can find a special place in your room to put your special items or draw them on the toolbox above.*

