

The tools we have learned that might help us;

Breathing





Distraction



Muscle Relaxation

Self-Sooth Box



Power Box



Laughter



Talking Heads



















Its easy for us to get distracted and not focus on breathing but taking 3 deep breaths can lower the stress levels within our body and re-centre our attention.

- Take a deep breathe in through your nose
- Hold for a second
- Exhale through your mouth

Repeat 3 times, on the second breath, close your eye and focus on what your body is doing (i.e. chest rising, shoulders lifting, pushing forward) and then on the exhale focus on the shoulders lowering, belly relaxing and chest flattening.



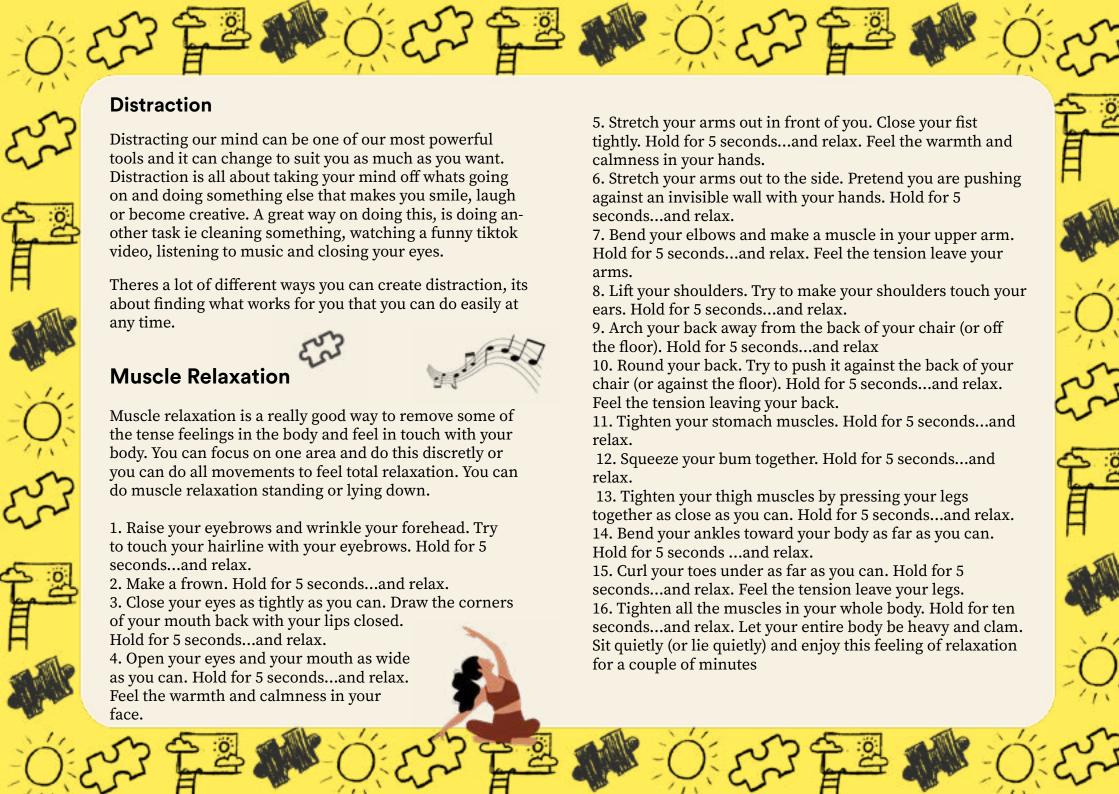
Bubbles

When we begin to forget the power of breathing or are finding it difficult to focus, use bubbles to re-centre your attention on breathing.

Remember with bubbles, when we hold it close to our mouth we are breathing but no bubbles come out. However when we take a large deep breathe in and exhale lots of bubbles come out. You can imagine the bubbles as the negative emotions and thoughts that you are feeling begin to leave

your body as you watch the bubbles blow away.







Self-Soothe Box

The self soothe box is something you can create and have in your bag or you can pick on item from the self soothe box to keep with you. The soothe box helps us connect to our senses and focus on them to help re ground us when we are struggling. Ideas for a soothe box include;

- Something that's scented like playdough
- Fidget toy ie poppets, stress balls, playdough
- Something with noise ie music
- Anything that helps you relax and take your mind off things



Power Box

Your power box is your box that's full of positive statements/quotes that are from yourself, friends, family, guidance teachers etc. The box is used for when we have a negative thought about ourself or for when we just need to hear something good about ourselves. You can also go online for some quotes.

Some examples of statements might be;

- Shine bright like the diamond you are
- Your smile lights up the room, so share it
- Your past doesn't define your future

or doing something silly that will make you laugh because you feel so silly. It comes in all shapes and sizes and you design this tool to you.

Laughter

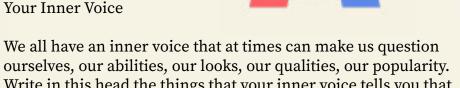
Laughter is one of the most powerful tools, laughing takes our mind away to a different place and brings a smile back on our face. Using laughter as a tool is again personal to you so it might be watching a funny video, remembering a funny story, speaking to someone who makes you laugh



Talking Heads

The one on the left is;

Your Inner Voice



ourselves, our abilities, our looks, our qualities, our popularity. Write in this head the things that your inner voice tells you that affect your confidence and your self-esteem.

The one on the right is;

I will tell myself.

Have a different conversation with yourself by challenging your inner voice when it is negative and reminding yourself of your

