

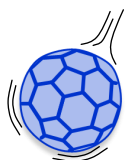
MY COPING TOOLBOX

Active or Soothing Exercises

An active exercise will help you feel more awake.

A soothing exercise will help you feel calm.

Try these active exercises:



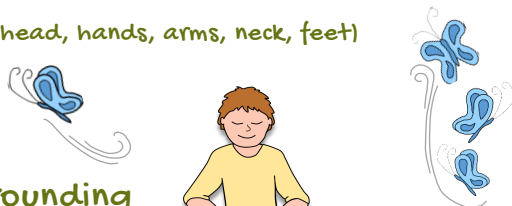
- Ball activities
- Sit-ups
- Jumping on a trampoline
- Running or playing catch
- Playing in the park



Try these soothing exercises:



- Self-massage (head, hands, arms, neck, feet)
- Humming
- Butterfly hug
- Body scan
- 5, 4, 3, 2, 1 Grounding



More information about these exercises is on the next few pages.

Was this coping tool helpful?

1  Very helpful for me

2 

3 

4 

5  A little helpful for me

6 

7 

8 

9 

10  Not helpful for me

Will I use this tool again?

Yes

No

Why?

If you said **yes**, write your favourite active or soothing activity, tear out the square & add it to your toolbox!

Complete an

exercise

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Self-massage

Head -

Gently rub your ears between your fingertips.

Lightly draw circles along your hairline, cheeks and above your eyes.

Place your fingers on either side of your head, between your eyes and ears, and gently move them up and down.

Hands and arms -

Sit down and relax one arm, place it on top of your leg.

Push the bottom of your other hand slowly down your arm.

Press firmly enough to feel some heat but don't give yourself a burn!

Neck and shoulders -

Drop your shoulders down and slowly tuck your chin into your chest to stretch your neck.

Roll your shoulders forward and backward slowly to help your muscles feel more relaxed.



Feet -

With your hands, squeeze your toes gently.

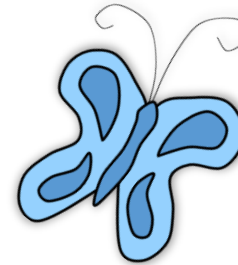
Move your toes forward and backward.

Repeat this until your toes feel warm and relaxed.

Use your thumbs to massage the bottom of your foot in the middle part where it is soft.

Try different movements such as: pressing, circular motions, or rubbing.

Butterfly hug



Cross your arms over your chest.

Place the tip of your middle fingers on your collarbone and spread out your fingers like a butterfly.

Lock your thumbs together to form the butterfly's body and your other fingers will form the butterfly's wings.

Close your eyes and start to move each hand up and down one at a time.

Breathe slowly and see if you can notice what is happening in your mind and body, like your thoughts and feelings.

Imagine that you are flying through the sky with clouds passing by.

Do this exercise for a few minutes, until you feel calmer.

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Body Scan

Take a few slow, deep breaths and when you are ready, close your eyes.

When you do this exercise, notice the different parts of your body and focus on the feelings and sensations that happen.

Concentrate on your breathing, take as much time as you need to focus properly on your body scan.

Start by focusing on your head and work your way down your body.

From your face, to your neck, shoulders, chest, arms, hands, belly, hips, legs, knees, ankles, finishing with your feet.

When you have scanned your whole body, open your eyes and take a minute to sit quietly before returning to the rest of your day.



5, 4, 3, 2, 1 Grounding



Name out loud:

- 5 things you can see around you
- 4 sounds you can hear
- 3 things you can smell
- 2 things you can touch
- 1 taste in your mouth