

MY COPING TOOLBOX

Get Creative

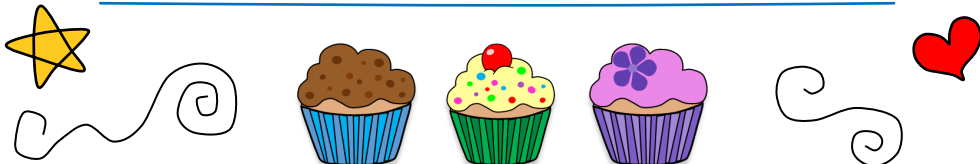
Getting creative is one of the best tools you can use to help you when there are challenges.

Try these creative activities:

- Build something
- Doodle
- Make a cake
- Garden - grow something
- Play a musical instrument
- Make origami
- Calming colouring-in
- Create a new game to play

Which creative activity did you enjoy the most?

Are there any other creative activities that you enjoy which help you feel calm?



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 how you like to get creative, tear out the square & add it to your toolbox!

get creative by

