

Think Good - Feel Good

Below are coping strategies that we sometimes use to make ourselves feel better. Create your own coping potion to see what makes you feel good during tough times. Fill your bottle full of the things that make you feel better. You can either draw or write them in!

- Counting to 10
- Colouring
- Listening to music
- Squishies/stress balls
- Talking to someone
- Walking away from a negative situation
- Going to your room
- Watch your favourite film
- Eating your favourite food
- Going for a walk
- Arts and crafts
- Going somewhere you feel safe
- Teddies and blankets
- Spending time with pets
- Thinking/looking at good memories
- Cuddling someone you love

Any other coping strategies that you use:

