



# Guidance for Resources

## Taking time to focus on the good things

A resource to help individuals focus on some of the positive things going on instead of stress/worries

## What I can control resource

A useful resource for individuals that like predictability and need to feel in control. You can look at all the examples and cut them out and decide whether they will go in the things I can control circle or things I cant control. Feel free to add in your own too. This is a good exercise to reiterate that even though it feels like we don't have control over everything there is still plenty we do have control over.

## Self esteem resources

On one page you will find one super thing I done today and my win for the day, it is good to pick either one of these to implement, the idea is to put one thing the person has done well that day as a confidence booster e.g. you were thoughtful when you asked did I want a drink or you done all your English work.

Another self esteem resource is the confidence ladder, you can out small targets to meet e.g. say hi when someone walks into the room, as targets are met the girl/boy figure moves up the ladder and the person will collect a star for their chart. This may not be an everyday resource as some of the targets may get harder to achieve.

## Feelings Scale

A feelings scale that can be individualised to the person using it, decide what the faces might mean and add in examples of times the person may have felt certain ways, you can then use it to communicate feelings by pointing or verbally explaining

## Coping Tools

A page of ideas of calm down/ regulation strategies

## Grounding Keyring

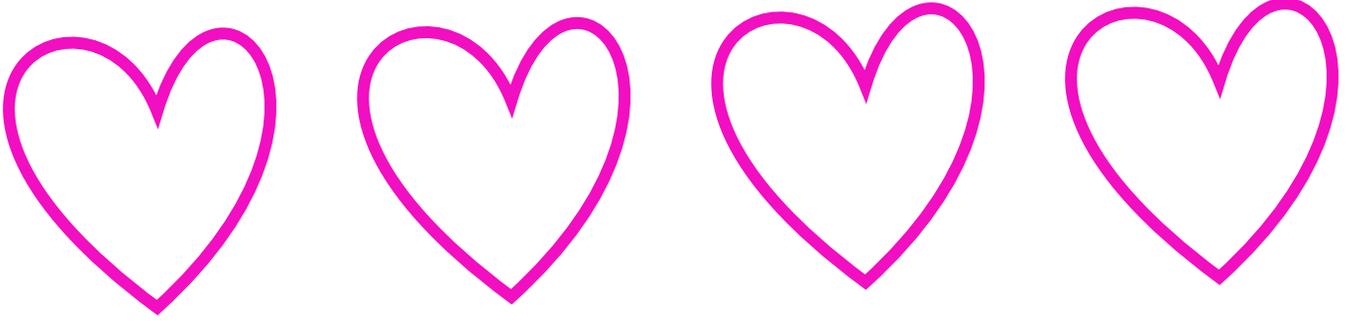
A selection of grounding calming techniques that can be used anywhere, you can print, laminate and put these on a keyring if you felt that would be useful

## Positive statements

This can be useful for someone that struggles with negative thinking, in certain situations we can try and focus on positive statements for some encouragement

# Taking time out to focus on the good things

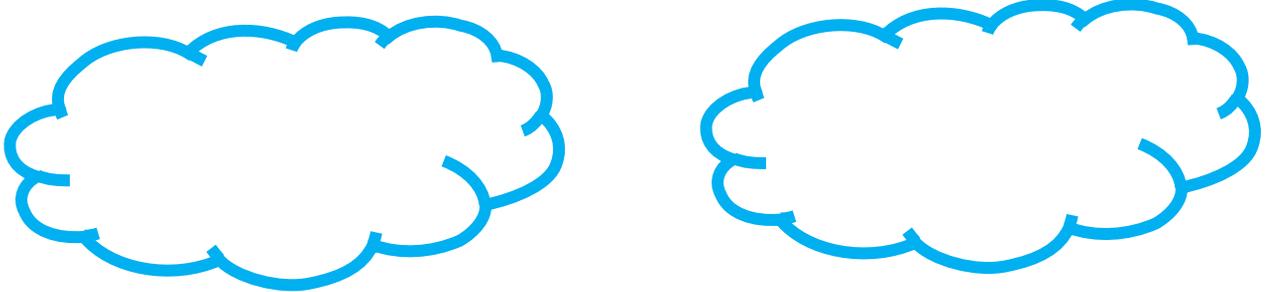
People, places or things you like



One thing you have worked hard on



What are two things you like doing in your spare time



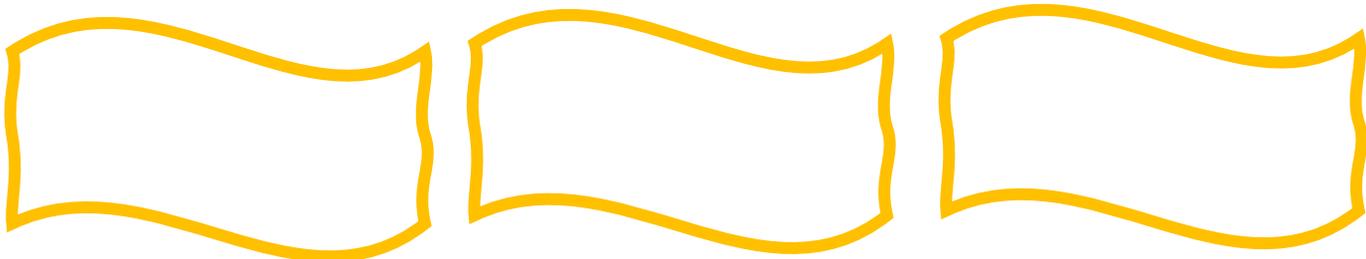
One thing you like about your life right now



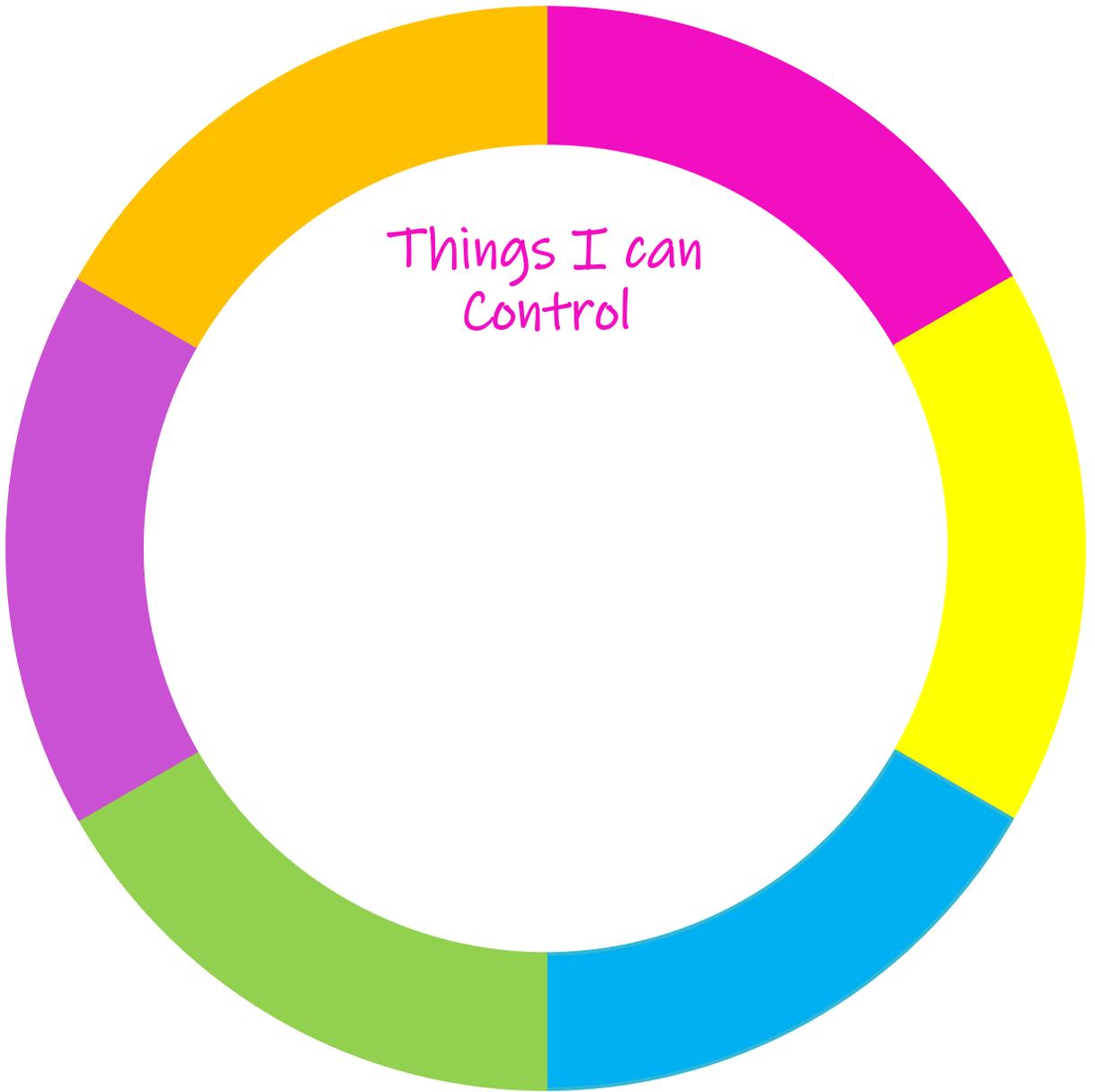
Two people you can trust and talk to about how you feel



What are three things you are looking forward to



# Things I cant Control



# Control Examples

Turning off the news

What I think and feel

My attitude

If others follow social distancing

What other people think and feel

If I follow social distancing

Other peoples actions

If I finish my schoolwork

My actions

What I do if I am bored

How long I spend on technology

If I am kind or mean

Getting myself washed and dressed

The weather

Managing my feelings

How long I will be off school

What will happen in the future

Finding things I like to do

What you say to other people

Other peoples play

What other people say to you

How long I wont be able to see family and friends



One super thing I  
done today was



My win for the day  
was



# My confidence ladder



You have earned  
your stars now  
Pick a reward  
voucher

5

4

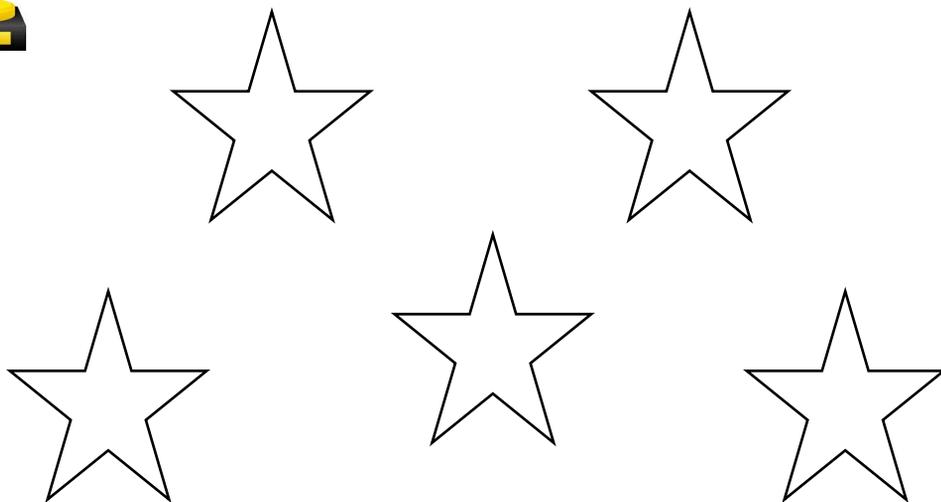
3

2

1



**My confidence reward chart- get 5 stars for a reward**



**My reward will be**



# Feelings scale

Examples



Happy

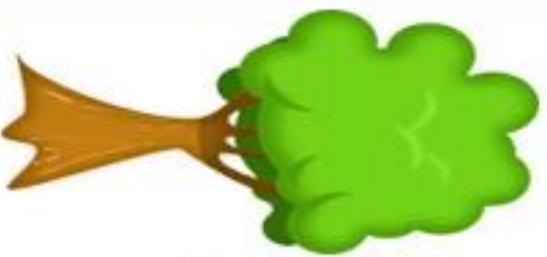
# COPING TOOLS: What Helps Me

- Read A Book or Magazine 
- Hug or Climb a Tree 
- Journal or Write a Letter 
- Use Kind & Compassionate Self-Talk 
- Make a Collage or Scrapbook 
- Rest, Nap or Take a Break 
- Go on a Hike, Walk or Run 
- Take Good Care of the Earth 
- Drink Water 
- Play a Board Game 
- Do Something Kind 
- Make and Play with Slime 
- Discover Treasures in Nature 
- Take a Shower or Bath 
- Exercise 
- Drink a Warm Cup of Tea 
- Forgive, Let Go, Move On 
- Practice Yoga 
- Garden or Do Yardwork 
- Jump on a Trampoline 
- Cuddle or Play with Your Pet 
- Practice Gratitude 
- Do a Puzzle 
- Blow Bubbles 
- Smile and Laugh 
- Ride a Bike or Skateboard 
- Create Origami 
- Cook or Bake 
- Ask for Help 
- Talk to Someone You Trust 
- Weave, Knit or Crochet 
- Build Something 
- Get a Hug 
- Visualize a Peaceful Place 
- Stretch 
- Make Art 
- Use Positive Affirmations 
- Take Slow, Mindful Breaths 
- Clean, Declutter or Organize 
- Use Aromatherapy 
- Cry 
- Try or Learn Something New 
- Listen to Music 
- Use a Stress Ball or Other Fidget 
- Get Plenty of Sleep 
- Kick, Bounce or Throw a Ball 
- Take or Look at Photographs 
- Eat Healthy 
- Play Outside 
- Sing and/or Dance 

## My Grounding Techniques

### Be A Tree

"I am firmly planted. I feel my feet rooted to the ground. My back is a strong trunk helping me feel stable in the moment. I feel my toes connecting with the ground. My arms are my branches. I feel them reach out into the world."

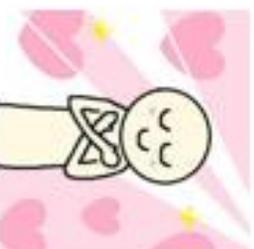


### Senses 5,4,3,2,1

-  5 things you can see
-  4 things you can hear
-  3 things you can touch
-  2 things you can smell
-  1 thing you can taste

### Give yourself a Power Hug

Practice placing the left hand on the right shoulder for a tap and then the right hand on the left shoulder for another tap. Then squeeze into a hug and say something like "I am in control," or "I am safe in this moment." Tap, tap, squeeze, affirm. Tap, tap, squeeze, affirm. Repeat this as many times as needed!



### What can you see

-  5 colours you can see
-  4 shapes you can see
-  3 soft things you can see
-  2 people you can see
-  1 thing you can read

Find something in the room that begins with each letter (until you feel calmer)



# Positive Statements

I can do  
this

This will  
pass

I have done  
this before  
and can do it  
again

They are  
just feelings,  
they will go  
away soon

Don't rush,  
I can take  
things slowly

I am safe

Its normal  
to feel  
worried

Not all  
thoughts  
are true

I can use my  
calming down  
ideas