

MY COPING



TOOLS

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How Am I Feeling?

It is OKAY to feel all your feelings



Happy/Calm



Sad/Upset



Angry



Tired



Embarrassed



Sick



Anxious/Worried



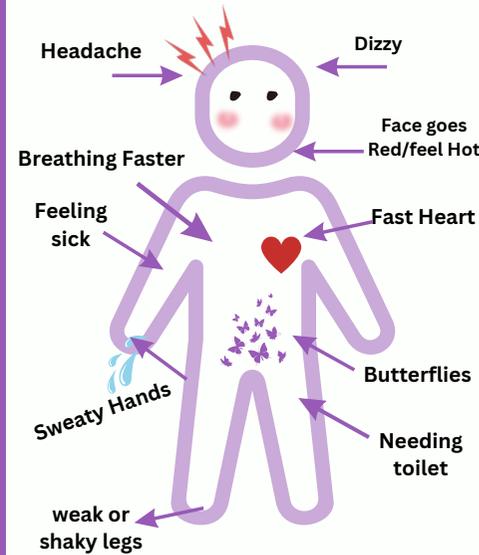
Scared/Shocked



Bored

Another Feeling ?

Where am I Feeling it in my Body?



What Part of My Brain is being the Boss?

Jumpy Monkey

Wise Owl



The Jumpy Monkey Brain is always on the move, hopping from one worry to another. It makes us feel anxious, scared, or worried, even when there's no real danger. This part of our brain tries to keep us safe, but sometimes it makes us worry too much.

The Wise Owl Brain is calm, thoughtful, and smart. It helps us think things through, solve problems, and make good choices. When we use our Wise Owl Brain, we can find better ways to handle our worries and feel more in control.

How to Calm My Monkey Brain



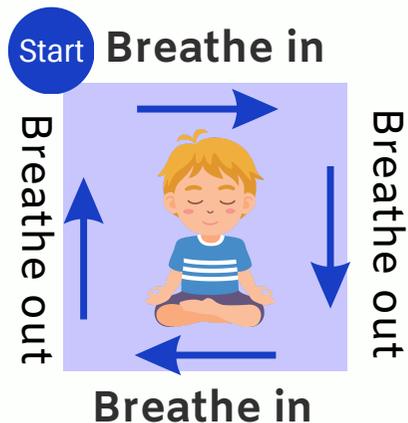
When your Jumpy Monkey Brain is making you feel worried or scared, you can use OWL BRAIN tools in this pack to help calm down.

- Take slow, deep breaths
- Think positive thoughts & remind yourself it's okay.
- Move around by running, dancing, or touching something soft.
- Imagine a happy place, do something fun like drawing or playing.
- Talk to a grown-up or friend about your feelings.
- relax your body by tightening and loosening your muscles.

These tools can help you feel calm and in control!

Square Breathing

Trace the square and Breathe for the count of 4



Do I need Help?

If your Jumpy Monkey Brain is making you feel worried or scared and you need help to calm down, remember it's okay to ask for help!

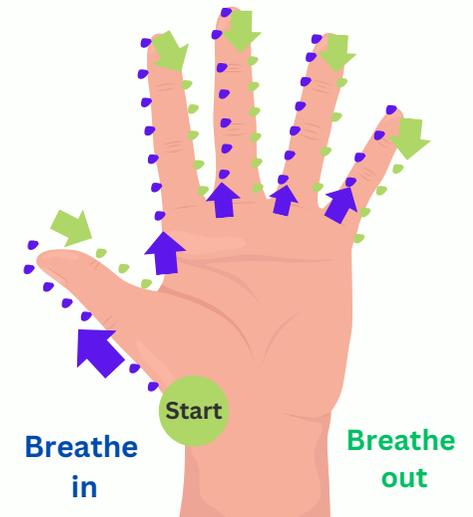


You can go to a grown-up you TRUST, like a Parent, teacher, or an adult you know nearby. They can listen to your feelings and help you use your tools to feel better.

Don't forget, talking about your feelings can make a big difference and help you feel calm and safe again.

5 Finger Breathing

Trace around you hand and breathe in and out



Butterfly Hug



Imagine your arms are butterfly wings. **Cross them over your chest.**

Now, **gently tap your shoulders one hand at a time** like butterflies flapping their wings. Take **slow breaths while you tap.**

This hug helps you feel calm when you're worried or upset. **Keep tapping until you feel better.** You're doing great!

Rainbow Colours



Look around you and find colours of the rainbow in order

How to Use Your Wise Owl Brain:



Talk kind to yourself



Draw or Colour



Read a book



Exercise



Have fun play



Think of a Calm place

Remember, it's normal to feel worried/anxious sometimes, but with practice, you can learn to listen to your Wise Owl Brain and feel more at Calm.

Happy Words/Thoughts

I am brave and strong.

I can handle this feeling.

This feeling won't last.

It's okay to ask for help.

I am the Boss of my thoughts.

I can breathe through this.

I am safe right now.

I can think of happy things.

I believe in myself.

Feeling Angry?

It's okay to feel angry, but it's not okay to hurt yourself, hurt someone else, or damage things when you're angry.



Push a Wall



Jumping Jacks



Kick a Ball



Tense Muscles THEN Relax Muscles

One at a Time start with your toes scrunch them up tight for count of 5



Try these to Calm Down



Counting to 10



Tearing old Paper



Breathe slowly



Squeeze a Stress Ball



Take a Break



Talk about your feelings

Star Breathing

Trace the star breathing in and out.

Start Here!



Balloon Breathing



Sit down or lie down. Pretend you have a **balloon** in your tummy.

Take a **slow, deep breath** in through your **nose**. Feel the **balloon** in your tummy **get bigger** as you fill it with air.

Hold your breath for a second and imagine the balloon is full and floating.

Breathe out slowly through your **mouth**, like you're letting the air out of the balloon. Feel your tummy go down as the balloon gets smaller.

Make It Fun:
Pretend your balloon is a different colour each time.

Choose A Fidget Toy

Pick a fidget toy you like, such as a spinner, cube, or squishy.



1. Sit in a calm, quiet place where you can focus on your toy.
2. Start Fidgeting
3. Focus on the Toy, notice how the toy feels in your hands. Notice the movements and textures.
4. While playing with your toy, take slow, deep breaths to help you relax.

Calm Place

Close your eyes and picture a place where you feel safe and happy, like a beach, a park, or your room.



1. Imagine what you see, hear, smell, and feel in that place.
2. Breathe slowly and deeply while you think about your calm space.
3. Stay in your happy place until you feel relaxed.

Listen to or play music

Listening to music can make you feel better when you're anxious. Here's how:



- Music with slow beats can calm your body and mind.
- Songs you like can make you feel happy and less worried.
- Music gives your mind something nice to focus on instead of anxious thoughts.
- When you listen to music, you might breathe more slowly and feel more relaxed.

What I can and Can't Control

Outside the circle are things I cant control



Let your Thoughts Go



Imagine your thoughts as birds for a few minutes. Then just let them fly away,

Be Kind to Yourself



- Name 3 things you are proud of about yourself.
- or
- Say 3 things you like about yourself.
- or
- Think of 3 good things a friend or family member would say about you.

Lions Breath

1. Sit down with your back straight.
2. Take a deep **Breath** in through your nose.
3. As you breathe out, **stick out your tongue** and make a **roaring sound like a lion**.
4. Repeat: Do this a few times to help release tension.

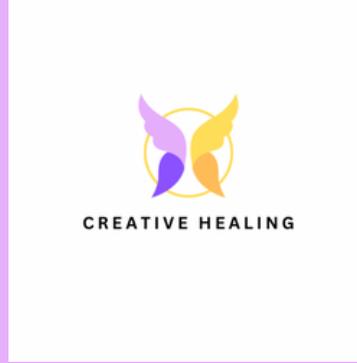


Ear Massage

This simple exercise can help calm your monkey brain, making you feel more calm.

1. Sit comfortably and **gently rub the outer edges** of your ears with your fingers.
2. Move your fingers slowly up and down, **massaging** your ears.
3. Take **deep breaths in** through your nose and **out** through your mouth as you massage.





About

My name is Michelle Founder of the Award Winning Creative Healing NI, as a social worker and therapist. I put together these cards as a free resource, bringing together various well-known online resources. Designed specifically for children and young people aged 8 and over, to support them during times of distress, anxiety, or overwhelm. These cards have been created to be practical, portable, and user-friendly, allowing young individuals to have a reliable set of tools at their fingertips whenever they need them.

While designed for children aged 8 and over, these cards can also be utilised with younger children when supported by a parent or caregiver.

These coping tool cards are freely available to all, ensuring that every child and young person can benefit from them regardless of their circumstances.

Copyright Notice

These flashcards have been created using a Canva template. While I have compiled and designed these cards, it is important to acknowledge that the content within them includes well-known resources and public information widely recognised in the field. There may be other similar/same resources available.

Given the Nature and purpose of the resources, it has not been feasible to reference them due to the multiplicity and varied origins of the information.

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