

What Can I Put in My Coping Skills Toolbox?

On the next page, there are some tools with ideas written on them. These ideas can be used to help you cope with difficult situations, for example when you fall out with your friends.

Choose the tools that you think would work best for you, cut them out and put them in the toolbox.

There are some good ways of dealing with situations and some that are not as good. Can you make a separate pile of the tools that are not good ways of dealing with things?





