



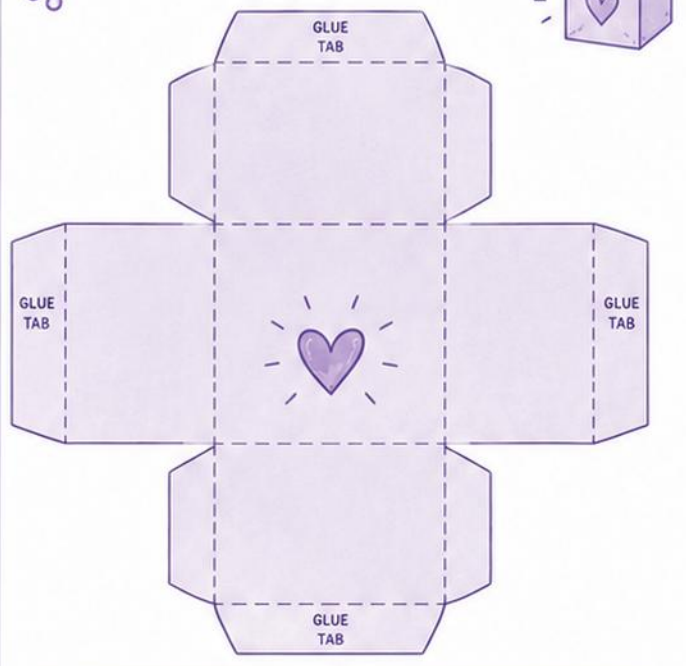
# My Coping Skills TOOLBOX KIT

I have skills.  
I have support.  
I am not alone.

This toolbox is a reminder that you have tools, people, and supports you can turn to—anytime you need them.

## 1 PAPER TEMPLATE - FOLD YOUR BOX

Cut on the solid lines. Fold on the dashed lines. Fold up the sides and glue or tape the tabs inside to create your box.



## 2 DECORATE YOUR BOX

Make your box uniquely yours! Use colors, drawings, stickers, and words that inspire you.



Your box can look any way you want!

## 3 CREATE 10 COPING SKILLS CARDS

Write or draw 10 coping skills that help you feel calm, safe, or in control. Cut them out and place them in your toolbox.

1	2	3	4	5
6	7	8	9	10

Examples: Deep breathing, listening to music, taking a walk, journaling, calling a friend.

## 4 EMERGENCY CONTACTS

People I can reach out to when I need help or support.

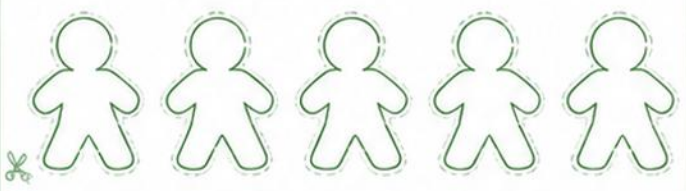
Name	Relationship	Phone Number
1.		
2.		
3.		
4.		
5.		



It's okay to ask for help. You deserve support.

## 5 PERSON SYMBOLS

Decorate these person symbols to represent the people in your life who support you. Cut them out and keep them in your toolbox as a reminder.



Examples: Family, friends, counselor, teacher, mentor, coach, neighbor, etc.

## 6 GROUNDING OBJECTS

Find or create small items that help you feel grounded, calm, or connected. Place them in your toolbox.


- ✦ Ideas:
- Smooth stone
  - Rubber band
  - Scented item
  - Crystal or rock
  - Stress ball
  - Affirmation note
  - Favorite sticker
  - Small photo
  - Anything that brings you comfort.

## 7 REFLECTION

How does it feel to know you have your own coping skills toolbox? What tools do you think will help you the most?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I am resourceful.  
I am strong.  
I have tools.  
I can get through this.

### WHEN I NEED MY TOOLBOX, I CAN...

- Take a deep breath.
- Pause and check in with myself.
- Choose a tool that can help.
- Reach out for support.
- Remind myself: This feeling will pass.



My toolbox is always here for me. I can use it anytime.