

Good morning

Please find link which you may find useful

<https://www.childline.org.uk/toolbox/coping-kit/>

[Coping Kit | Childline](#)

When you're feeling low or overwhelmed, it can be hard to know how to cope. But distracting yourself or doing something positive can really help. We've got lots of activities for you to try!

[www.childline.org.uk](http://www.childline.org.uk)



# COPING KIT

When you're feeling low or overwhelmed, it can be hard to know how to cope. But distracting yourself or doing something positive can really help.

Even doing just one positive thing every day can help to improve your mood. Not sure what you want to do today? Use our tool to help.

## What things would you like to try today?



**Distractions and ways to keep busy**



**Using my senses to feel calmer**



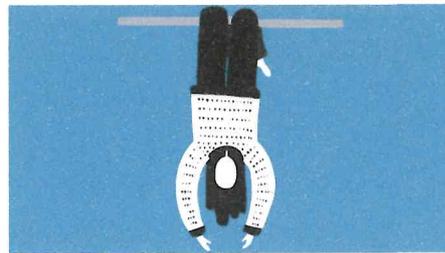
**Learning something new**



**Expressing myself**



**Staying connected with others**



**Physical or active activities**

Choose an activity →

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HIDE PAGE  
(HTTP://WWW.GOOGLE.COM/)

SAVE PROGRESS

