

## Week 4 Counselling Optional Activity

### Make a Coping Toolbox/ Treasure Box

(Source <https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html> )

Life is upside down right now. Helping your daughter to find ways to relax and cope is vital to help her mind and body switch off from her worries.

You will need: Any box or container. Your daughter may enjoy decorating this in her own special way.

Explain that she can fill her coping box with things which remind her of good times or will help her feel better. Examples: Photos, drawings, a gift which someone has given them, a sachet of hot chocolate, a bath bomb, a list of activities they can do to relax: Cuddle a teddy, watch their favourite DVD, take 10 deep breaths etc.

If you don't have a box or container your child can find a special place in their room to put the items or simply list/draw on the toolbox activity below.

**I would love to see photos of your daughter completing this activity. You can email me at [lblandford@collegiate.co.za](mailto:lblandford@collegiate.co.za)**

**Love Mrs Blandford ☺**

