

Crystal ball

Imagine 3 months from now.

Draw or write what could look different, what challenges you will have faced and what positive changes you want to make

Try to focus on things that seem possible to achieve like feeling more confident about an exam, starting a new hobby or making a new friend.

If it's hard to think that far ahead, you could start by imagining next week or next month.

Find freedom



When you're not able to see friends or go out you can feel trapped. It's can help to notice the freedom you do have, even if it's much smaller than you're used to.

It might be that you can choose to go to a different room, look out of the window, connect with friends online or set up a video call with relatives.

Think of someone else who has less freedom than you and call or message them so they feel less alone

Sense drawer



Make a space in a cupboard or drawer for things that will help you when you're feeling anxious or panicked.

Choose things with a noticeable smell, taste, feel, colour or that make a noise.

You could include shampoo or soap to smell, a mint to taste, a fluffy sock to touch, a brightly coloured drawing or wrapping paper to look at or a plastic container with beads or dried pasta in to shake.

Square breathing



Breathe in as you count **1, 2, 3, 4**

Hold as you count **1, 2, 3, 4**

Breathe out as you count **1, 2, 3, 4**

Hold as you count **1, 2, 3, 4**

Keep your counting even and trace your finger along the 4 edges of a box of tissues or a dice if that helps you to keep focus

Repeat 3 times

Mirror

Draw yourself as your closest friend or a close family member would describe you. Remember, they can see who you are as a person as well as what you look like.

Draw or write the positive qualities they notice about you, especially the ones that you find hard to see yourself. Include things like being kind, patient and fun.

Calm aid kit



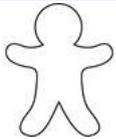
Find 4 or more items to hold or feel.

You can choose things like a blanket to wrap around yourself, a smooth stone to hold, something that was given to you by someone important to you, the lyrics of a happy song or a poem that makes you feel positive .

Put them in a bag or a box in your room. When you feel under pressure, worried or upset choose 1 item out of the box to hold while you remember a time that you felt safe and calm . After 2 or 3 minutes replace it and choose another.

You can do this as many times as you like.

Stress and anxiety



We hold tension in our bodies when we're under pressure, feeling stressed or feeling anxious.

Draw the outline of a gingerbread person and add where you feel stress and anxiety in your body - that might be butterflies in your tummy, your legs feeling weak or your heart beating fast.

Draw how it feels in each part of your body and use colours or numbers to show where you feel the strongest sensations. Let go of any tension by unclenching your hands, dropping your shoulders, stretching, doing yoga or dancing and draw or write any changes on your picture.

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