

Personal coping tools and strategies

Whether it's taking the dog for a walk, deep breathing activities or colouring a picture we all need coping tools and strategies in our life.

We asked the young people from our science club group to tell us about their own personal coping strategies.

"I love to sit under my blanket, next to the dog. I like the feeling on my arms and how I can cover my whole body with the blanket."



"Crafting helps me if I am feeling anxious. This is a photo of one of the things that I've made."

"My favourite thing is looking for sea glass at the beach. The sound of the sea and the fresh air make me feel calm."



"I really like to go in my tent. The peace and quiet really helps me."



"I like to climb trees. It is great for my proprioceptive system and helps me to feel calmer."

"I love this spinning toy; it has lots of bright lights on it that I like to watch. The colour is really pretty"

