

# HAVING A TOUGH TIME AT THE MOMENT?

We all have hard times in our life where difficult situations happen or we have to face big emotions.

The pandemic has also created a lot of change and new difficulties for people.

It's okay if you are having a tough time and there are lots of things we can do to feel better and get help.



## WHERE TO GET HELP:

Talking to someone you trust about how you are feeling this is a really great way to help deal with tough times. You might talk to a family member, teacher or school counsellor. You can also connect to friends and family on the phone and online.

You can also talk or webchat about what's going on for you anytime with Kids Helpline (1800 55 1800).

They also have heaps of helpful stories and ideas on their website: <https://kidshelpline.com.au/kids>

GO TO THE NEXT PAGE FOR A HEAP OF IDEAS TO COPE IN TOUGH TIMES:



**kidshelpline**  
Anytime Any Reason

There are lots of things we can do to help ourselves feel better and deal with big or difficult feelings.

## BE KIND TO YOURSELF

Remember to be kind to yourself. Do things you enjoy and say kind words to yourself

- "I can handle this!"
- "I'm proud of how hard I'm trying".
- "Things are really tough now but it won't always be like this".

What else could you say to yourself?

It is easy to forget the GOOD THINGS in our life when not good things are also happening.

Remind yourself of positives by writing down three good things in your life.

EXERCISE is really good for our bodies and our minds.

Run around, dance, do some jumping jacks, play a ball game, skip....

What is your favourite way to exercise?



BEING CREATIVE is a great way to cope when things aren't going so well.

- Paint, draw or colour.
- Make up a dance.
- Make a card for someone you miss.
- Fill a balloon with flour to make a stress ball.
- Write about how you feel.

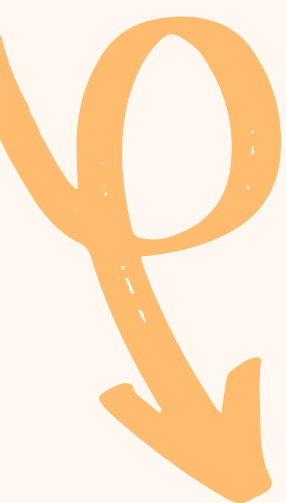


## TAKE FIVE BREATHING

When we are feeling very worried, upset or angry changing how breathing helps us to calm our bodies and our feelings down.

- 1) Open the palm of one hand as wide as you can.
- 2) Point your pointer finger on you other hand ready to trace up and down your fingers.
- 3) Breathe in and trace up one side of your thumb.
- 4) Breathe out and slowly trace down the other side of your thumb.
- 5) Repeat for all five fingers and then go back the other way.

EVEN  
MORE  
IDEAS







Ride a Bike OR SKATEBOARD



ASK FOR HELP



Blow Bubbles

Color Paint Draw



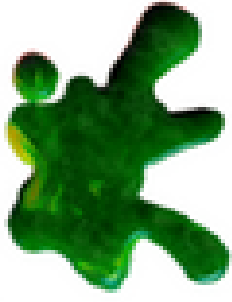
CREATE ART!

Listen to MUSIC



PLAY a BOARD GAME

MAKE & PLAY WITH SLIME

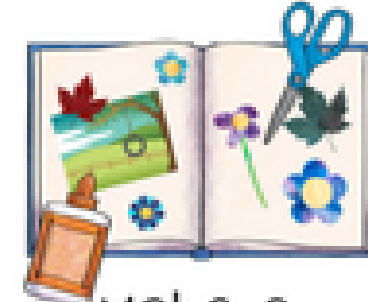


Practice Gratitude

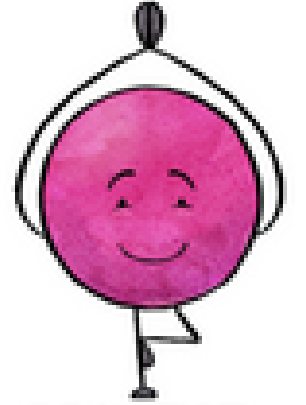


WEAVE, KNOT OR CROCHET

Use Kind & Compassionate Self-Talk



Make a SCRAPBOOK OR Collage

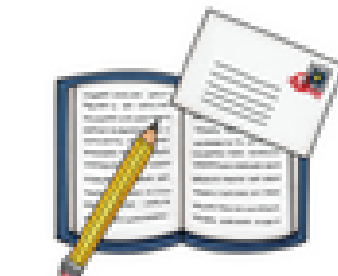


PRACTICE YOGA



Hug or Climb a Tree

KICK BOUNCE OR THROW a BALL



JOURNAL OR WRITE A LETTER



Take Slow, Mindful Breaths



Cuddle or Play with Your Pet



Drink Water



Smile & Laugh

EAT



Healthy

# 50 COPING SKILLS for kids



Forgive Let Go Move On



Cook or Bake

Use Aromatherapy (Smell something good)



Sing and/or Dance



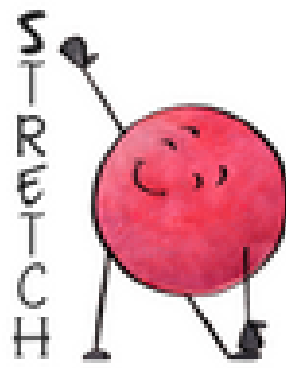
SAY Positive Affirmations



Get Plenty of Sleep



TAKE A SHOWER OR BATH



STRETCH



Go on a Hike, Walk or Run



Try or Learn Something New



READ a Book or Magazine

Take GOOD CARE of the Earth



Look At or Take PHOTOGRAPHS



Garden or Do Yardwork



Visualize a Peaceful Place

EXPLORE & DISCOVER Nature's Treasures



DO a PUZZLE



Cry



DRINK A WARM CUP OF TEA

USE a STRESS BALL (or other fidget tool)

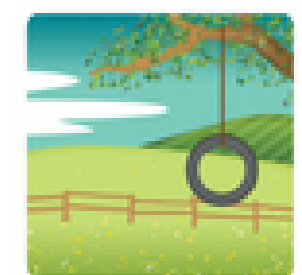
Get a HUG



EXERCISE



Play Outside



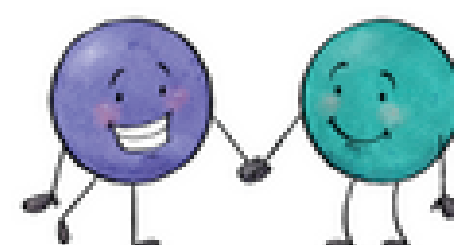
Clean, Declutter or Organize



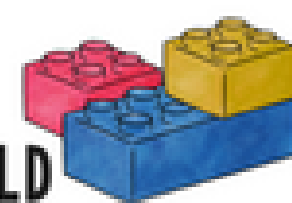
Create ORIGAMI



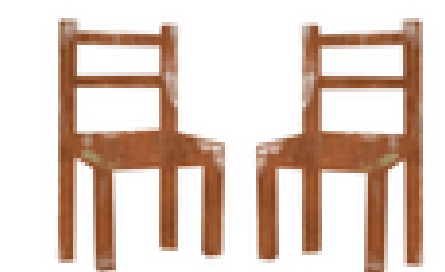
Do Something Kind



BUILD

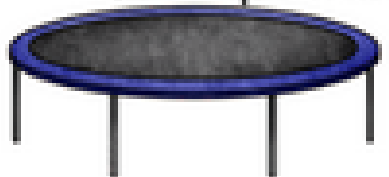


Something



TALK to Someone You Trust

JUMP on a Trampoline



Rest, Take a Break, or Nap

