

# Kooth Activity Sheet



**ENERGY LEVEL:**  
Grounding



**NO. OF PEOPLE:**  
1+



**ESTIMATED TIME:**  
45mins

## Coping toolbox

### ACTIVITY OBJECTIVE:

To help young people create relevant strategies they can use to manage their stress and anxiety.

### MATERIALS REQUIRED:

1. Boxes or containers
2. Coloured card or paper
3. Coloured pens/pencils/marker pens
4. Materials to decorate box
5. Small items of comfort - i.e. fidget toy, grounding stone

### INSTRUCTIONS:

1. Give each young person some paper, pens, and a box/container.
2. Have them brainstorm ideas of things they can do and things they can use to help them feel less stressed or anxious. This can be done in pairs or groups.
3. Ask them to write their coping ideas down on individual pieces of paper, folding each one in half, and in half again.
4. Have them write down as many ideas as they can and put them into the box.
5. Tell young people they can add in small items that might help them feel less stressed - i.e. a fidget toy or small object they find comforting.
6. Give them time to decorate their boxes.
7. Conclude with discussion questions: How do you feel about your coping toolbox? Why might you need it?



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At Kooth, you can chat anonymously with a mental health practitioner, access a self-help library of articles, and connect with a community of young people easily from your phone or tablet.