

What Can I Put in My Coping Skills Toolbox?

On the next page are some tools that you might find useful to help you fix things when you are experiencing difficulties.

These tools might help you make friends when you have fallen out or help you to remain calm when someone upsets you.

Mixed into these good coping skills are some inappropriate ways of sorting out difficult situations or arguments with people.

Can you find the right tools that will help you fix things and make them better for you? Once you have found them, put them in your tool box!





