



Child Therapy Service
Resources - Training - Support

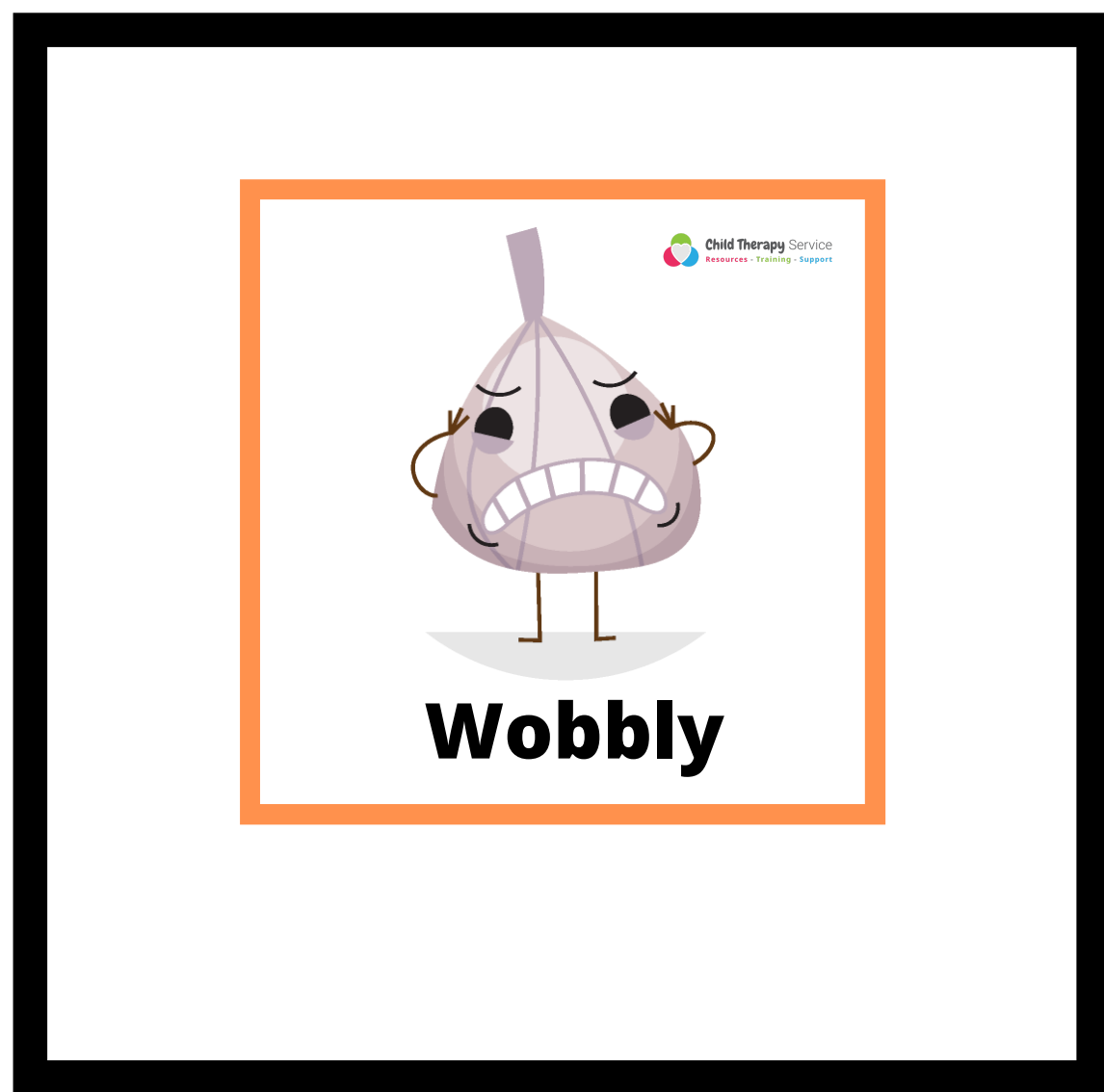
Visual Coping Strategy Mat

A visual aid in supporting emotional regulation

1

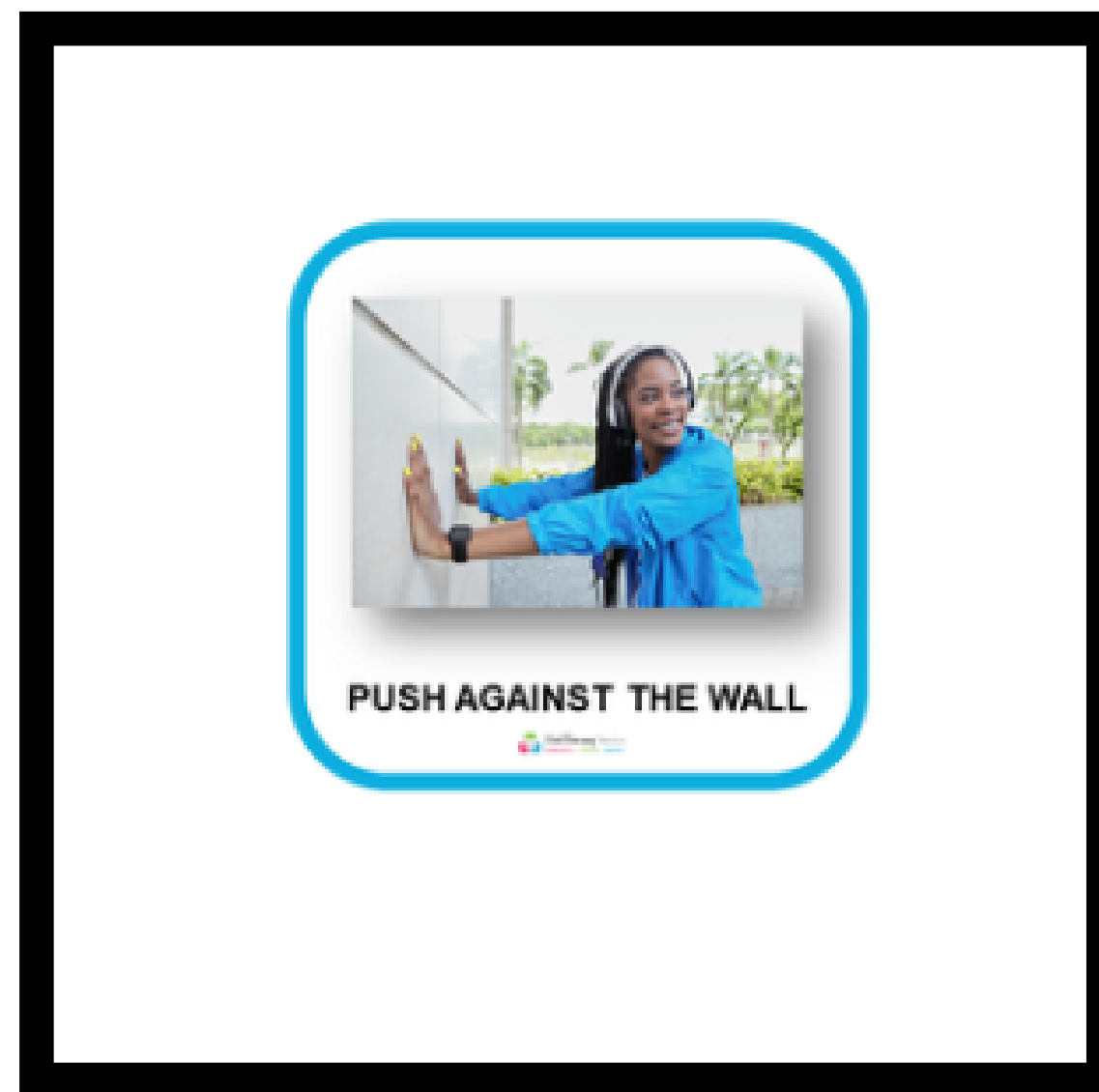
My Strategy Mat

How do you feel?



2

Choose an activity



3

Did it help?



Give this to an adult



TAKE DEEP BREATHS



COLOUR IN A PICTURE



SQUEEZE A BALL



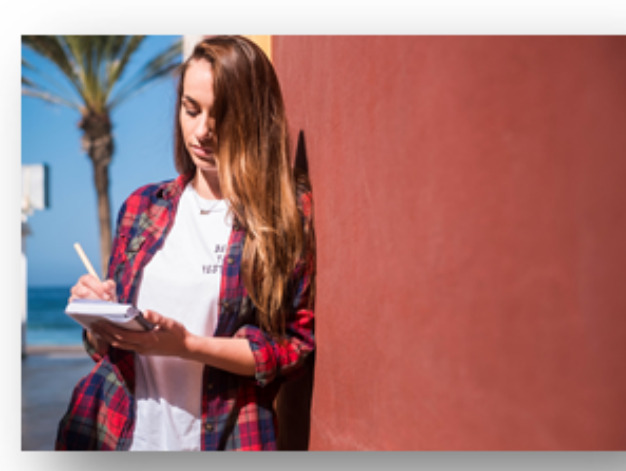
READ A BOOK



PUSH AGAINST THE WALL



DO A PUZZLE



LIST POSITIVE THINGS



TEAR SOME PAPER





CLOSE YOUR EYES



USE A FIDGET SPINNER



DRINK COLD WATER



MAKE YOURSELF LAUGH



**DESCRIBE WHATS
AROUND YOU**



**PICTURE THE FACE OF
SOMEONE YOU LOVE**



**THINK OF YOUR
FAVOURITE PLACE**



LISTEN TO MUSIC





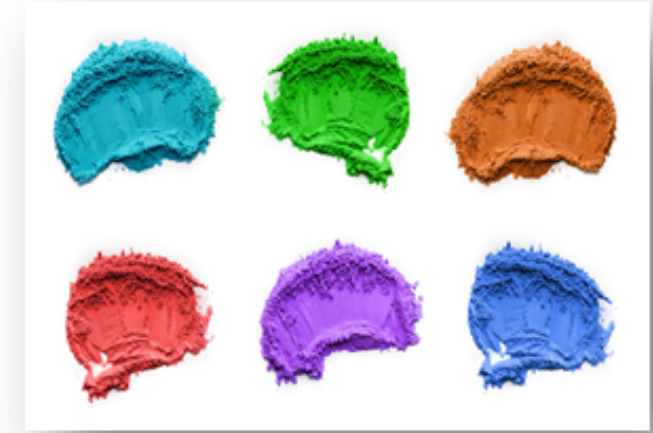
**EAT SOMETHING
CRUNCHY/CHEWY**



DO SOMETHING KIND



**IMAGINE YOUR WORRIES
FLOATING AWAY**



**BREATH IN AND OUT A
SOOTHING, CALMING
COLOUR**



BLOW BUBBLES



**SPLASH YOUR FACE WITH
COLD WATER**



PUSH UP ON YOUR CHAIR



**GO TO YOUR HAPPY
PLACE, OR PERSON**



BLOW FEATHERS



SCREW UP PAPER



GO UPSIDE DOWN



**IMAGINE YOU ARE
FLOATING ON A CLOUD**



**GIVE YOURSELF A
BUTTERFLY HUG**



**STRETCH AND PULL
SOMETHING**



**WRAP YOURSELF UP IN A
BLANKET**



**HUG
SOMETHING/SOMEONE**



COUNT TO 10 & BACK



DO TRIANGLE BREATHING



LOOK FOR 5 THINGS THAT BEGIN WITH S



LISTEN CAREFULLY – WHAT CAN YOU HEAR?



SAY SOME POSITIVE AFFIRMATIONS



WRITE HOW YOU ARE FEELING



DRAW HOW YOU ARE FEELING



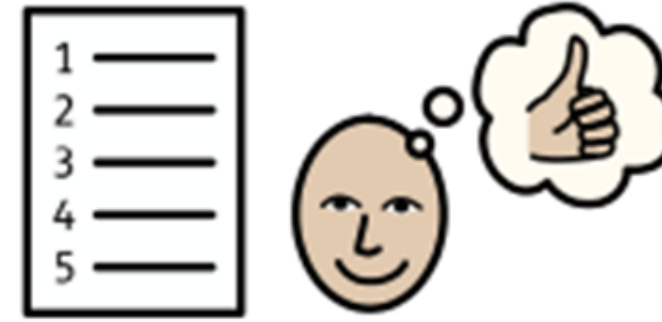
TELL SOMEONE HOW YOU ARE FEELING



Take deep breaths



Colour in a picture



List positive things



Tear some paper



Squeeze a ball



Read a book



Close your eyes



Use a fidget toy



Push against a wall



Do a puzzle



Drink cold water



Make yourself laugh



Describe what is around you



Think of someone you love



Imagine your worries floating away



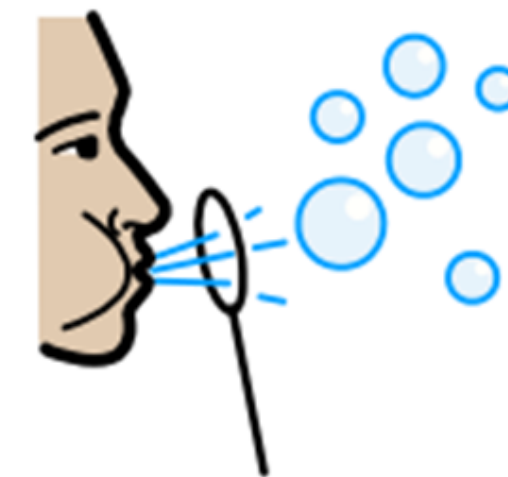
Breathe in and out a soothing colour



Think of your favourite place



Listen to music



Blow bubbles



Splash your face with cold water



Eat something crunchy



Do something kind



Push up on your chair



Go to your happy person



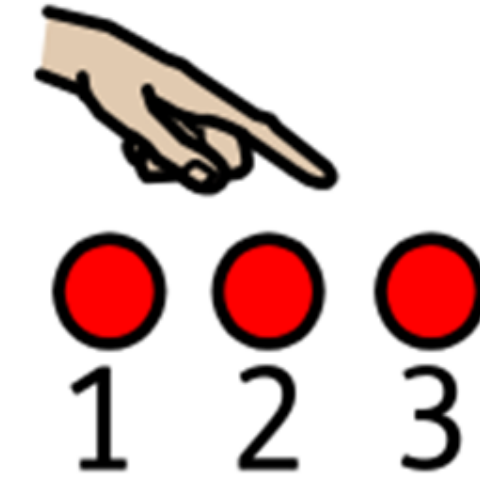
Blow feathers



Screw up paper



Hug someone



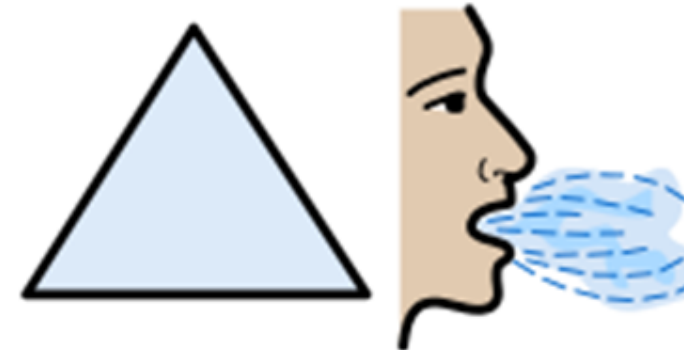
Count to 10



Go upside down



Imagine you are floating on a cloud



Do a triangle breath



Look for 5 things that begin with S



Stretch something



Wrap yourself in a blanket



Listen - what can you hear?



Say positive affirmations



Write how you are
feeling



Draw how you are
feeling



Tell someone how you
are feeling

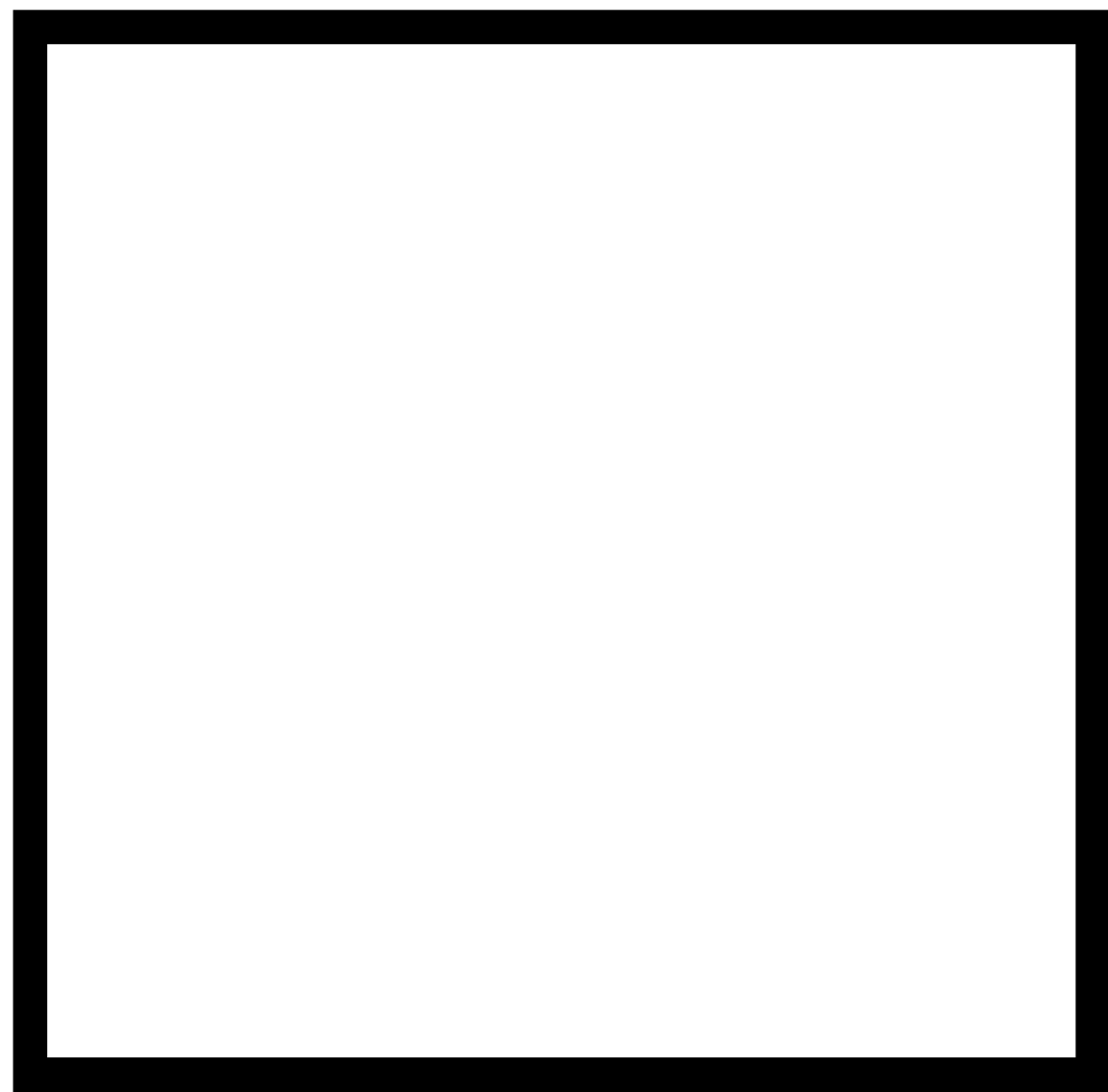


Colour your feelings

My Strategy Mat

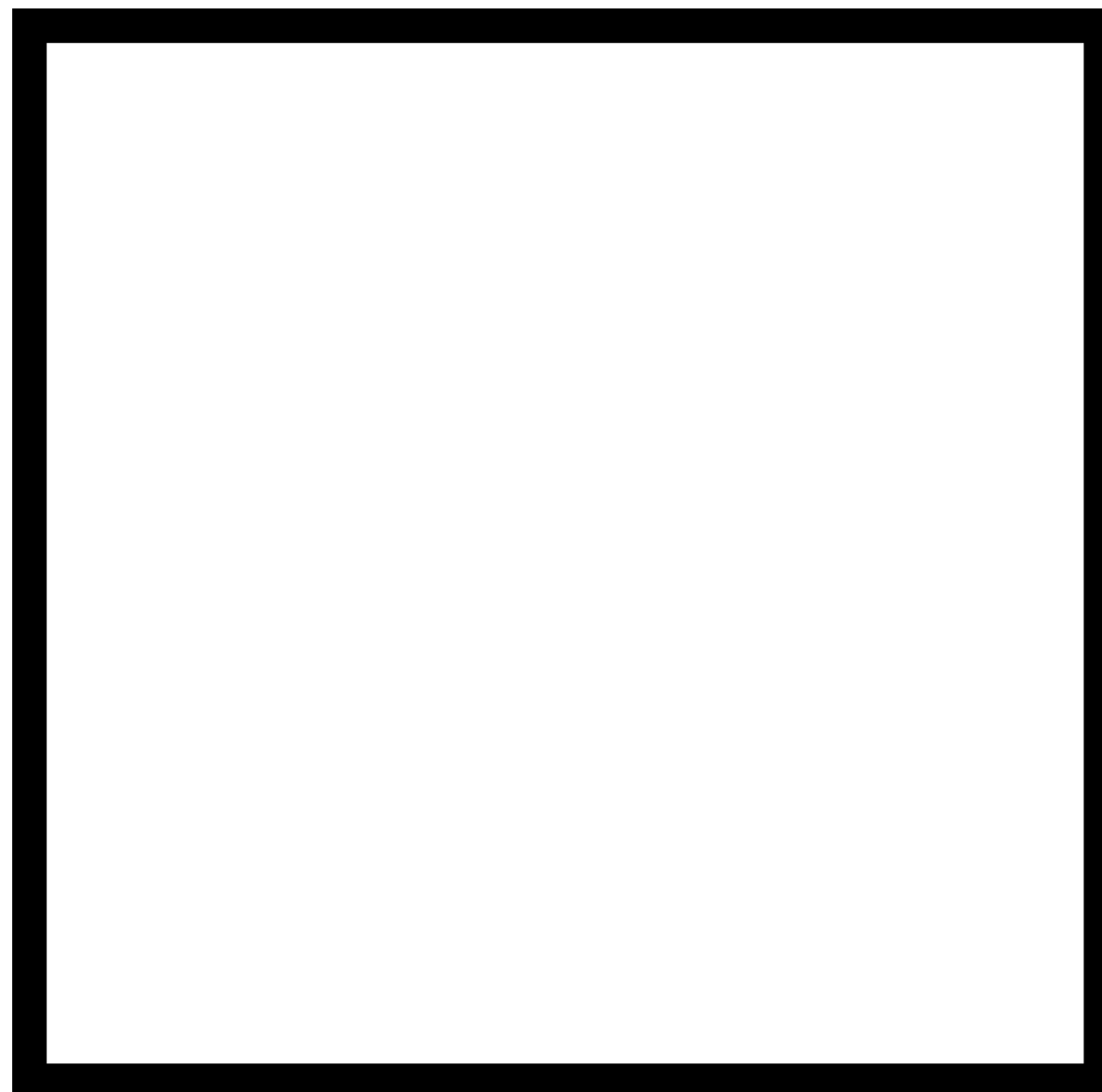
1

How do you feel?



2

Choose an activity



3

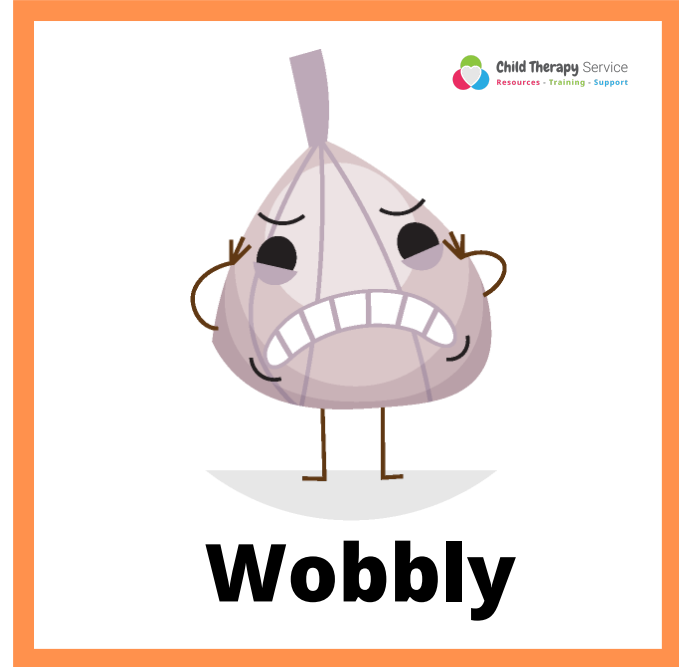
Did it help?

YES

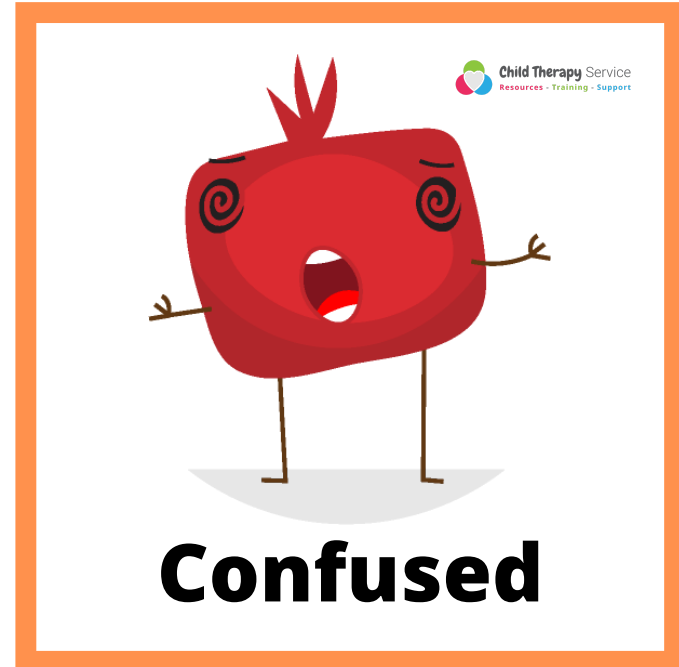
NO



Give this to an adult



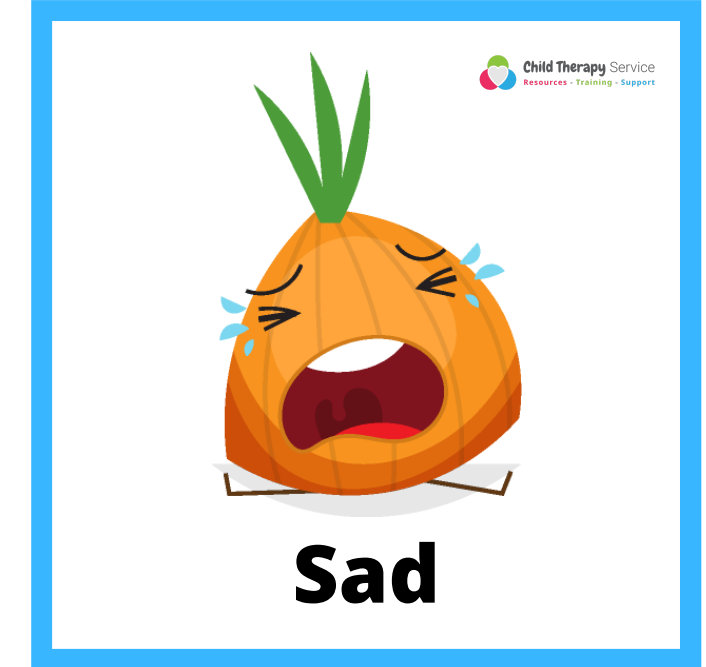
Wobbly



Confused



Angry



Sad



Calm



Excited



Frustrated



Alone

