

WELLBEING TOOLBOX

Write or draw in the box below...

What could you put in your wellbeing toolbox? e.g. A photo, inspiring quote.

What helps you calm down when you feel stressed or worried? e.g. colouring sheet, breathing techniques.

What makes you happy? e.g. Chocolate bar

Try to include something from each of the 5 senses in your wellbeing box.

