



## Tool Box

You will need the Tool Box sheet and a white board pen.

- As a group discuss the Stress Busting skills (tools) you have learnt
- Write each of these in a tool shape in the Tool Box
- Then ask the group who has their own Stress Busting strategy? E.G. Listening to music, praying, exercise, talking to someone etc.,
- Add each strategy to a tool shape.
- Discuss how each person's Tool Box may have a different selection of tools in it. It is for each of you to try out and work out which tools work for you.
- Each person decides on a tool from the group Tool Box that you will try out this week.

## Aims of the Tool Box activity:

- To create a culture of emotional openness and awareness
- To create a safe space where pupils are able to be open about emotions
- To develop self awareness
- To develop skills/strategies to manage stress
- To feel more in control