

A-Z OF COMFORT AND COPING



LION
HEART
CAMP FOR KIDS

Ask a grown-up for help.

Take 5 deep **B**reaths

Colour a picture.

Draw a picture of your important person.

Explore your garden for flowers & bugs.

FMake funny faces in a mirror.

Give a hug to someone you trust.

Help someone at home.

Imagine being in your happy place.

I

Do some star **J**umps.

KPractise kicking a ball around.

Listen to your favourite songs.

Make a memory jar.

Take a **N**ap.

OPretend to be an owl and take deep, slow breaths.

PDraw a picture of how you are feeling.

Take a quick dance break.

Q

Find some space to run as fast as you can.

R

Read a story that makes you happy.

S

Talk about your feelings with someone.

Draw what has **U**psset you.

U

Munch on crunchy **V**eggies.

V

Drink some cold **W**ater.

W

Explore a new place with a grown-up.

X

Eat a **Y**ummy snack.

Y

Close your eyes and zone out.

Z