

Strategy Card

Accepting help from others

Tools that will help me successfully use this strategy. Add some of your own.

Talk with my class adults or adults in the playground about how I will let them know I need help.



When I am feeling calm after a tricky situation, writing down three things that might have helped me and sharing these with an adult so they know how to help me next time.



Remind myself that people care about me and are trying to help. Taking three deep breaths, in through my nose and out through my mouth.



Ask my friend or an adult what they would do. Picking one idea that sounds like it will work for me.



Have a way of showing an adult I need help without having to use words e.g. traffic light cards on my desk. Green: I am fine on my own. Orange: I need a bit of support. Red: I need help.



Choose the tools that will help you and put them in your toolbox

How to use the Strategy Cards

Make a toolbox

Plan a session so the children can make their own toolbox. This could be from junk modelling or could be a poster. Make sure their name is on the box. Have every child's toolbox somewhere in the room or on the wall. Explain to the children that they are going to use the box to keep tools in, to help them cope when finding things hard.

Introducing a strategy card

When you have chosen the next activity card you are going to use, find the strategy it uses. Make several copies of the corresponding strategy card. When you are introducing the new activity card to the children, show them the strategy card. Spend some time going through each of the tools on the card. Make sure that the children understand each of these; use role-play if needed and if it is a breathing exercise practice it together. If there are empty spaces on the card, ask the children for ideas for other tools. Add these onto the strategy card. Encourage the children to choose which tool they will try to use when doing the activities on the activity card. Cut out the tools they have chosen and put it in their toolbox.

During the reflection activity, which is the last activity on each activity card, ask the children if they used the tool they put in their toolbox.

Using toolboxes in class and at home

Hopefully the tools that children have chosen to help them when they find things hard during your sessions will also help them when they are in class and at home. How could you make a copy of their up-to-date toolbox which they can take home with them? Where can the toolboxes be displayed in the classroom so that children can use them all of the time?

- Printed photos of the toolbox, updated as more tools are added?
- A second version of the toolbox that is portable?
- A duplicate version of the toolbox that is displayed in the child's classroom/bedroom?
- Laminate the tools and make a key ring version of the tools that they have put in their toolbox.