

# Feelings toolbox

To increase your child's abilities to cope with loneliness and rejection

You will need:



Help your child to create a 'toolbox' - how to feel better if you feel lonely or rejected. Try this activity soon after your child has been angry, but after everybody has calmed down.

## The Golden Rules for a Good Solution!

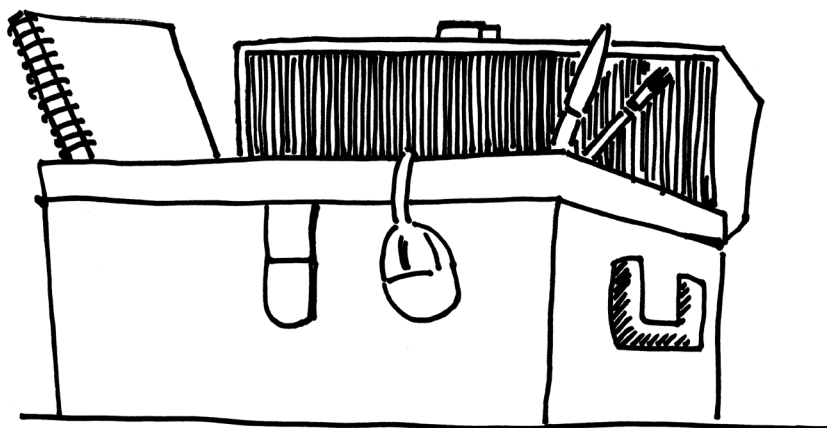


It makes me feel better



It doesn't hurt me or anyone else

Cuddle my teddy



Talk to friends and family

See if together you can think of one thing that your child can keep with them, to comfort them when they feel lonely or rejected - a picture, a small toy or even a magic word.