

Transition Resource Package

A Toolkit for Families

Created by the HCDSB CYC Department

Intermediate Division (Grades 7 & 8)

Strong Emotions Can Have an Impact on Our Bodies



If you notice that your body is experiencing sweaty palms, headache, shaky voice, lump in throat, tense muscles or butterflies in your stomach, your body is telling you, you need to use a skill to help you calm yourself down.

Coping Strategies

- Deep breathing
- Yoga
- Drawing/colouring
- Writing in a journal
- Listen to music
- Go for a run
- Play a preferred sport
- Do a preferred activity



12 Instant Stress Busters

Try these tips to help you manage stress and anxiety in the moment



Breathe deep



Work it out



Pet a cat or dog



Have a bath



Talk it out



Get artistic



Listen to music



Spend time in nature



Laugh it off



Write it down



Take a nap



Watch TV

Visit [KidsHelpPhone.ca/Stress](https://www.kidshelpphone.ca/Stress) for more info

Kids Help Phone 

TYPES OF SELF-CARE



PHYSICAL

- Sleep
- Stretching
- Walking
- Physical release
- Healthy food
- Yoga
- Rest



EMOTIONAL

- Stress management
- Emotional maturity
- Forgiveness
- Compassion
- Kindness



SOCIAL

- Boundaries
- Support systems
- Positive social media
- Communication
- Time together
- Ask for help



SPIRITUAL

- Time alone
- Meditation
- Yoga
- Connection
- Nature
- Journaling
- Sacred space

FREE

Coping Skills Apps

Mindshift



Headspace



Calm



SAM



Happify



Aura



Take a Break



MoodSpace



Relax
Melodies



Tranquil



Think up



InnerHour

