



# Helpful Tools for Kids

Not all kids have developed the tools they need yet to handle their big feelings and grow resilience. And that's okay! We can learn these helpful tools anytime.

## Emotional Tools



Big Feelings Skills



Good Boundaries



Good Talking Tools



Self-Care



Being Kind to Yourself



Identify Your Values



Emotional Balance



Balance

## Whole-Person Tools



Body



Mind



Friends & Family



Faith & Values



You're not broken. You're learning tools.

Let's build your toolkit *together!*

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# SCHOOL REFUSAL

*What we see... and what may be underneath*

## **What we see**

- Sunday night scares and sleepless nights
- Sore tummies and headaches
- Tearful or distressed drop-offs
- Avoidance or refusal
- Late arrivals or absences
- Shutdown, anger
- "I can't"

## **What may be underneath**

- Anxiety or panic
- Separation anxiety
- Neurodivergence (ADHD / Autism)
- Sensory overload
- Learning differences
- Executive functioning challenges
- Fear of failure and perfectionism
- Fatigue or poor sleep
- Transitions (new class, teacher, peers)
- Trauma or grief

## **Lack of co-regulation (educator / parent)**

*Children borrow calm from adults.  
When calm isn't consistently available,  
school can begin to feel unsafe.*



# Helpful Tools

COUNSELLING

## 5 Senses Grounding

Exercise for Kids

5

Things You Can SEE

Say 5 things you can see.

4

Things You Can TOUCH

Touch 4 things around you.

3

Things You Can HEAR

Listen for 3 sounds around you.

2

Things You Can SMELL

Sniff 2 things you can smell.

1

Thing You Can TASTE

Taste 1 thing if you can.



Marayka Rancie



# Helpful Tools for Kids

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Simple tools for coping, calming, and expressing feelings.



## Helpful Tools to Try

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- **Name feelings**  
Help your child find words for what they feel.
- **Breathe slowly**  
Practice simple breaths to calm their body and mind.
- **Take a brain break**  
A change of pace can be easier than pushing through sticky feelings.
- **Offer a soothing space**  
Create a quiet corner where your child can go to feel safe and reset.
- **Reconnect with kindness**  
Repair after hard moments with snuggles or soothing words.



## A gentle reminder

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Some feelings and worries are tough to handle — having a caring adult's support makes a world of difference.



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