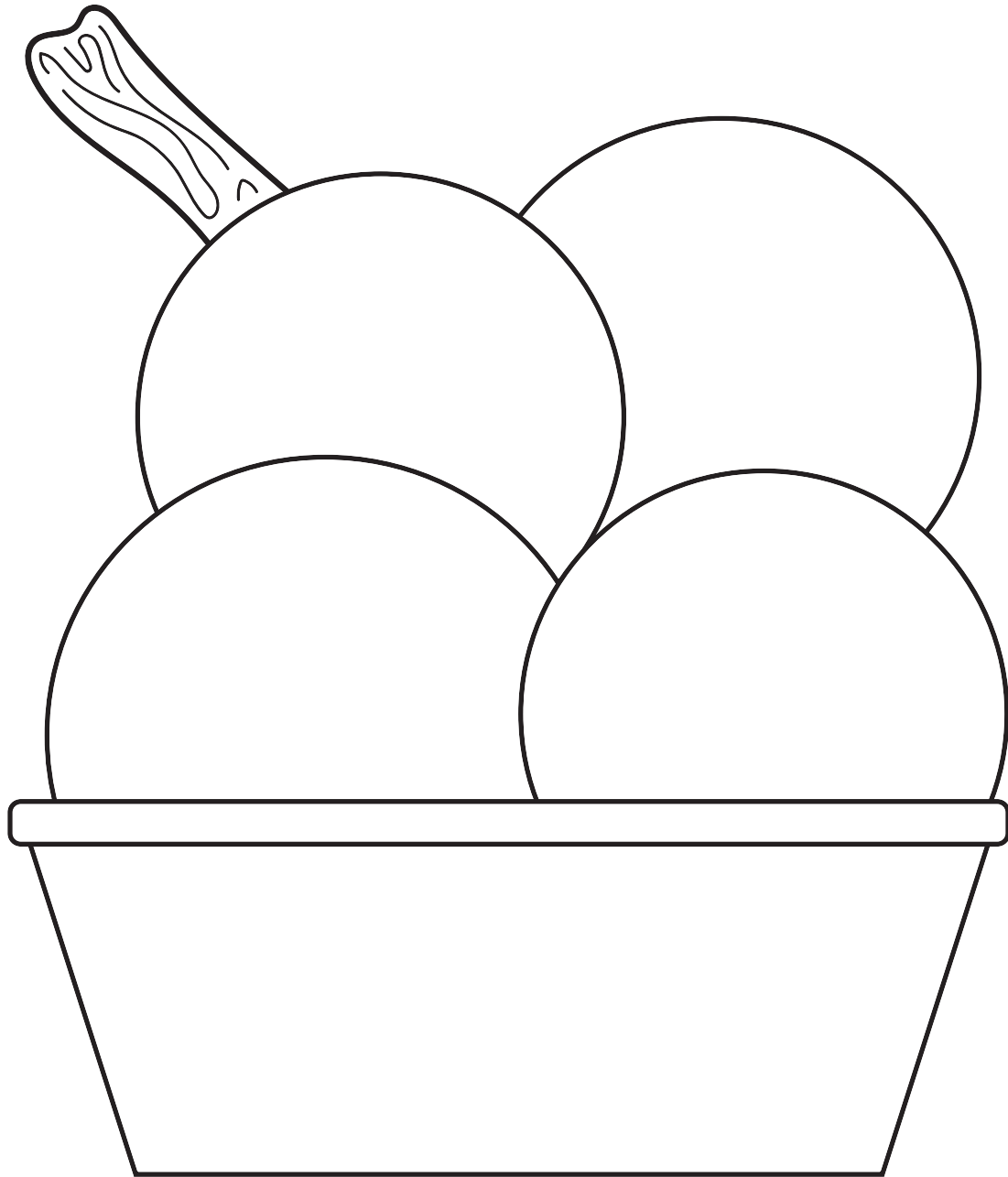


How I can stay cool

This activity gets you to think about the little things you can do to help you feel better when you are upset, angry or worried. Just like how we use tools to fix things, we use things to help our feelings get better. For example, talking to a grown-up, hugging our favourite teddy or drawing a picture.

Try to think about the things you can do to calm yourself down or cheer yourself up.

Draw and colour in the ice cream scoops with the things you can do to keep cool and calm.



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Isle Listen is a trading name of MCH Psychological Services, a registered charity on the Isle of Man number 1024 and a registered organisational member of the British Association for Counselling and Psychotherapy.

How I can stay cool

A creative activity to help young people identify strategies to manage big emotions and feel calmer.

Overview

Our 'How I Can Stay Cool' activity encourages young people to think about the small, positive actions they can take when they are feeling upset, angry or worried. Using an ice cream drawing, young people are invited to fill each scoop with ideas that help them feel better such as taking deep breaths, talking to someone or doing an activity they enjoy.

The aim is to promote self-regulation, build resilience and help young people feel more in control of their responses to big emotions.

Benefits:

- Encourage awareness of healthy coping skills
- Support emotional regulation
- Builds confidence in managing difficult emotions
- Promotes positive thinking and problem-solving

How to use this worksheet

1. Give young person a 'how I can stay cool' worksheet
2. Explain the idea of having 'tools' to help manage feelings
3. Ask students to think about what helps them feel calm or happy when they are upset, angry or worried
4. Invite them to write or draw these ideas into each ice cream scoop
5. Encourage them to colour and personalise their ice cream
6. Offer the opportunity to share their answers, if they feel comfortable

Estimated time: 10-15 minutes

Materials needed: Worksheet, pen or pencil and colouring materials

Conversation Starters/Reflection Questions

- Which of your 'scoops' would you try first?
- Are there things that help at school and at home?
- How do you know when you starting to feel angry or worried?
- Who can support you when your skills aren't working?

Parents/Carers

The 'How I can Stay Cool' activity helps children recognise simple skills they can use to manage their emotions.

At home, you can:

- Talk about what helps your child feel calm and happy
- Create your own 'stay cool' ideas together
- Remind your child to use these skills in everyday life
- Display the worksheet somewhere visible as a helpful reminder

After the activity, you can ask:

- Which idea helps you the most?
- Are there any new things you would like to try?
- Who can help you if you're finding it hard to feel calm?

Teachers/Education Settings

The 'How I Can Stay Cool' worksheet is a useful tool for supporting emotions and within PSHE sessions.

You can:

- Use it to introduce the topic of coping skills
- Encourage a range of ideas (outdoors, indoors, calming activities etc.)
- Revisit the worksheet during a difficult moment as a reminder

Additional Considerations:

- Some students may need support coming up with answers
- Offer examples where needed to prompt thinking
- Encourage students to choose skills that feel realistic and accessible

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