DIVERSE MINDS
LEARNING & LEISURE CIC

CHILD VERSION

My overwhelm toolkit

Things to try when everything feels a bit too much.

Use these pages with support from people you trust.

Choose one idea or leave it for another time. You can ask someone to stay with you. You never have to finish an activity to get help.

You can stop or ask for help at any time.

HELP FIRST

You can ask for help now

You do not have to be calm before someone helps you.

If someone is hurting or frightening you

Tell a safe adult. If that person is the one you fear, choose someone else. If you can, move to a safer place with safe people. For immediate danger, call 999 or ask someone to call.

If your body feels very unwell

Tell an adult straight away. If you are very poorly or cannot breathe properly, ask for help now. An adult can call 999 for an emergency.

If it feels safe to try an activity

Ask for quiet, space or someone to stay nearby. Pick one idea. Stop if you do not like it. You can ask for help instead.

If one adult does not help, tell another. You can also call Childline free on **0800 1111**, or visit childline.org.uk. You do not have to deal with danger alone.

CHOOSE A STARTING POINT

Pick what suits you

You can go straight to the help card on page 9.

I want fewer demands Ask for less noise, more space or one clear step.	**2, 9**
I want to try breathing Gentle breaths or following a line.	**4**
I want a small focus Shapes, an imagined place or an ordinary object.	**5**
I want to make something Doodle or make a paper landscape.	**6**
I want movement or a pattern Small movements, marks or familiar music.	**7**
My thoughts feel crowded Sort one next step with someone.	**8**

Tears, anger, silence or wanting to move can all happen when things feel too much. You might not know what you need yet. Someone can help you work it out.

BREATHING | ONLY IF YOU WANT TO

Keep it easy

You can keep your eyes open. You can breathe normally and try another page.

A few gentle breaths

Sit, stand or lie comfortably with support if needed. Breathe in gently, then out gently. If counting helps, try 1, 2 in and 1, 2 out. Use your own pace. Do not force a bigger breath or hold it.

Follow the line

Follow the line with your eyes or a finger. If it feels easy, breathe in as it rises and out as it falls. Or trace it while breathing normally. You do not need to reach the end.



There is no target to reach.

Stop if you feel dizzy, breathless or more worried. Breathe normally and tell someone. Follow any medical plan you already have. Try page 5 instead.

A SMALL FOCUS

Give your attention a little job

Try one little task. Someone can join you if you like.

Shape spotting

Choose a circle or rectangle. Can you spot one nearby? Describe its colour or size. You can look at a picture or imagine a shape instead.

A shop for dragons

Imagine a shop for dragons, robots or tiny animals. Think of three things it sells. Give one a funny name. Tell someone, draw it or keep it in your head.

An ordinary object, another view

Choose a safe object or picture. Pretend a friendly visitor from space has never seen it. How would you describe it? You do not need to touch it.

If an activity feels uncomfortable or frustrating, stop. You can ask someone to stay with you instead.

MAKING | DRAWING IS OPTIONAL

Make something without a plan

Draw, trace in the air or ask someone to make marks for you.

Turn a line into a creature, garden or secret map.

A paper landscape

Fold or scrunch scrap paper. Make hills, buildings or a new planet. You can ask someone to make it while you give ideas. You do not need scissors or glue.

Use materials that are safe for you. Stop if it feels frustrating. You can ask someone to make their own picture beside yours, without judging it.

MOVEMENT AND RHYTHM

Try a small change

Choose a comfortable position. Keep any equipment you need. Stop if it hurts or makes you dizzy.

Slow-motion movement

Pretend to stir a giant pot or wave like a sea creature. Make the movement tiny if you like. You can move a finger, watch someone or describe it instead.

Make a pattern with a pause

Try dot, dot, line, pause. Draw the marks or make tiny movements. Make the pause as long as you like. You can change the pattern.

Music, or quiet

Choose familiar music at a comfortable volume, if you want it. Listen for one sound. Turn it off if it feels too much. Quiet is okay too.

Rest is an option. People should ask before touching you or moving your body or equipment.

WITH SOMEONE YOU TRUST

One thought, one next step

Try this when things feel a little easier. Someone can write or draw with you.

Something I need help with

Choose one ordinary worry or task. A word or drawing is enough.

Who can help, and what could they do?

You do not have to solve it on your own.

Something that can wait

Only an ordinary task that is safe to leave for later.

Danger, someone hurting you or feeling very unwell cannot go in the waiting space. Tell a safe adult now. Taking a break does not mean the problem should be ignored.

HELP CARD | SHOW OR POINT

When words are difficult

Show or point to a line. Someone you trust can help you choose words.

I need help now.

Please stay nearby.

I need space. Please check on me.

Please help me get somewhere safer.

I want to write, draw, sign or point.

Someone is making me feel unsafe.

I do not know what would help yet.

If the first person does not help

Tell another safe adult, such as a teacher, youth worker, school nurse or safe family member. Ask someone to go with you. You can call Childline free on **0800 1111** or visit childline.org.uk.

If anyone is in immediate danger, call 999 or ask someone to call. Adults are responsible for acting on safety concerns.

MAKE A PLAN AT AN EASIER TIME

My people and choices

You can make this with a trusted adult. Keep it somewhere safe.

Someone I can ask, and a second person

Who else can help if the first person is not there?

An activity I choose, or one I want to avoid

You can ask for company or rest instead.

A change that would help me

Less noise, more time, clearer steps or something else.

Our next check-in

Who will arrange a time to meet or talk? What if they are away?

If worry keeps affecting sleep, learning, friendships or daily life, ask for more support. An adult can help you contact a GP or local service. You do not have to try every activity first.