

How to use THE TOUGH TIMES TOOLKIT

A way for non-pastoral school staff, club leaders et al to feel more confident to connect with a young person who's facing tough times.

Originally developed for staff to use as part of contact in a health care setting. The Tough Times Toolkit is part of the wider Lemonade Project.

www.thelemonadeproject.org.uk

1. Choose a section
Each one addresses a different basic need.

2. Ask a Question
You don't need to ask them all. Pick one as a starting point and follow with the others if they are responding well.

3. Offer the Postcard
Let them fiddle with it while you talk. They might want to use the emotion words to describe how they are feeling.

4. Need Answers?
These are some suggestions you can give for ways to deal with strong emotions.

5. You've just made a real difference to the young person. Take a moment using the back page to help them plan their next steps after talking with you.

Who are you?

- What do you do during the day?
- Favourite way to spend time?
- What things are you proud of?
- What makes you laugh?

Good Life

- What is good in your life?
- Where do you see yourself in 10 years time?

Protective Factors

- What are you eating during the day?
- Do you exercise or go outside every day?
- How well do you sleep?
- Are you part of any teams or groups?
- Who do you care about?

Life Challenges

- Do you feel safe in your home?
- Anyone in your home have difficulties with mental or physical health?
- Do you ever feel judged?
- What stresses you out?

How are you treated?

- Do you dislike anything about the way people are treating you right now?
- What could change to improve the situation?

What are you feeling right now?

Take a look at the postcard if you can't find the right words...

Do You FEEL?...

Disconnected/Numb

- Call a friend
- Take a cold shower
- Play with/hold ice cubes
- Chew something strong tasting: chilli, mint, ginger
- Go outside/change your environment

Tension/Anger

- Exercise; run, jump, dance
- Hit a punching bag, cushions, mattress
- Scream
- Squeeze blue tack, balls, plastic bags
- Make noise; drums, saucepans, loud music

Intense Emotions

- Paint, draw, scribble in thick pens
- Write feelings/words and rip them up
- Compose song/poem
- Listen to music that fits your mood
- Tense and relax different muscles

Calm Down/Soothe

- Have a bath/warm shower
- Stroke a pet
- Wrap yourself in a soft blanket
- Massage your hands, feet, neck
- Slow, deep breathing

EMOTION WORDS
Describe how I am feeling...

Insecure	Optimistic	Withdrawn
Sensitive	Isolated	Jealous
Frightened	Peaceful	Black
Regretful	Confused	Bitter
Guilty	Suspicious	Empty
Nothing	Heartbroken	Lonely
Shocked	Inadequate	Playful
Fierce	Humiliated	Respected
Timid	Rejected	Scared
Hopeless	Hopeful	Restless
Despair	Ignored	Indifferent
Burning	Cold	Shaky

Want to find out more?
We are hoping to offer some training around the Lemonade Project, including the Tough Times Toolkit. Stay in touch:
www.headstartkernow.org.uk/lemonade/

TAKING RESPONSIBILITY

- What is your job to do after this?
- How can we help make that happen?

THE LEMONADE PROJECT
A project by
sharedhealth foundation
thelemonadeproject.org.uk