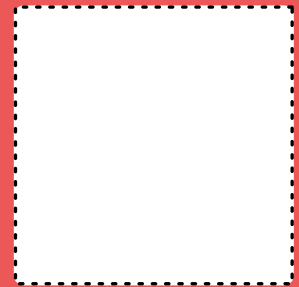
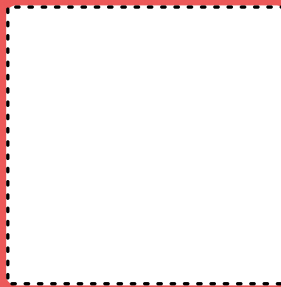
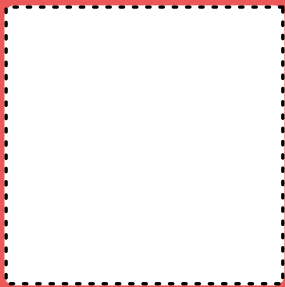




What's in your Toolbox?

Pick 3 or more calming strategies that would work best for you. Cut them out and glue them in your toolbox! Refer to your toolbox when faced with big feelings.



Name _____



Drawing



Yoga



Movement Break



Play sports



Exercise



Positive
Affirmations



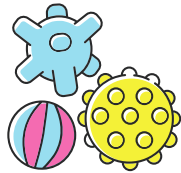
Writing



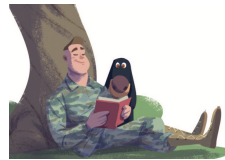
Listening to
Music



Deep Breaths



Sensory Toys



Reading



Talk To An Adult



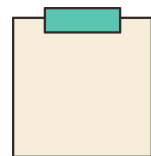
Visualize a
peaceful place



What are you
grateful for



Get a drink of
water



Make Your Own