

# My Calming Toolbox

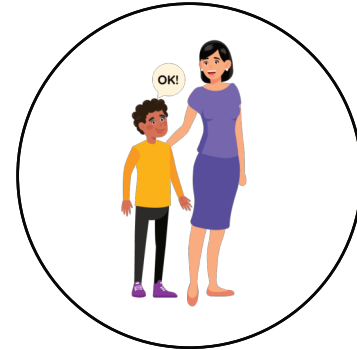


## PART 1 - DIRECTIONS:

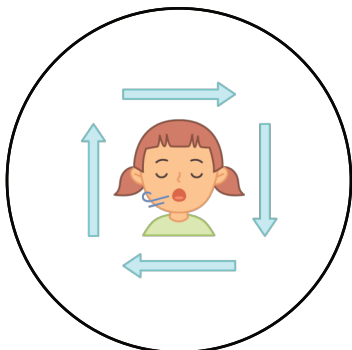
- 1) Practice using each tool below.
- 2) Cut out your tools and toolbox, fold along fold line, and staple.
- 3) Add your tools to your toolbox!



**Count to Ten**



**Talk to an Adult**



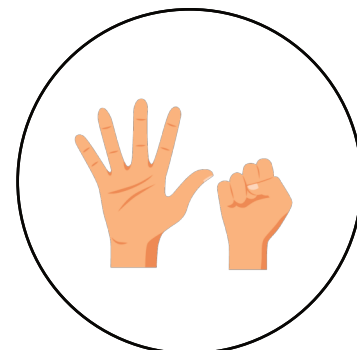
**Box Breathe**



**Take a Break**



**Take Belly Breaths**



**Squeeze My Fist**

# My Calming Toolbox



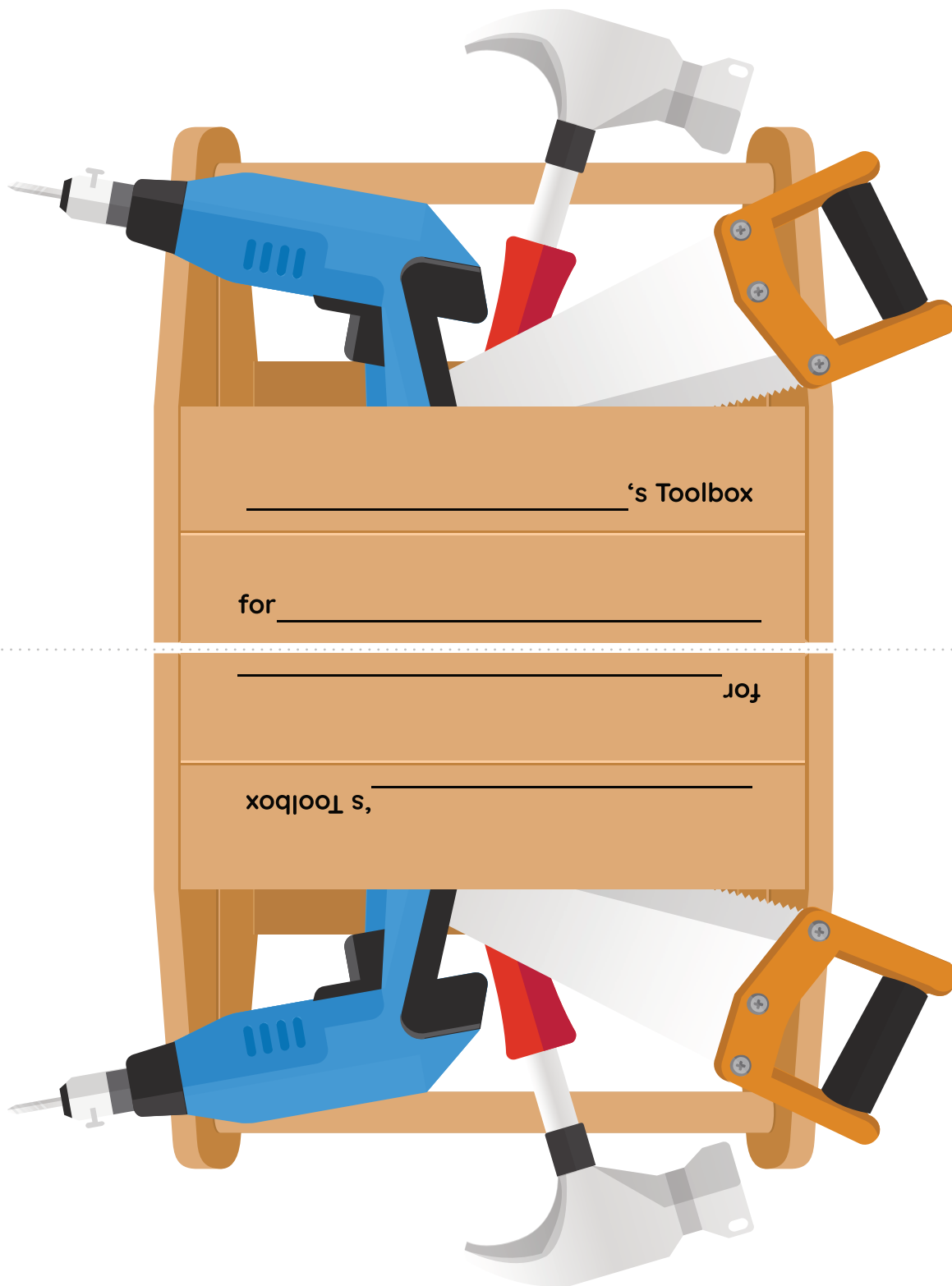
staple

staple

staple

staple

fold-line



# My Calming Toolbox

Name: \_\_\_\_\_



## PART 2 - DIRECTIONS:

Draw and/or write when you would use these tools.

I would use these tools

when