

# My Self-Control 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!



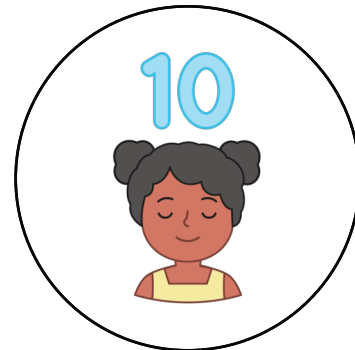
**Squeeze my hands**



**Talk to an adult**



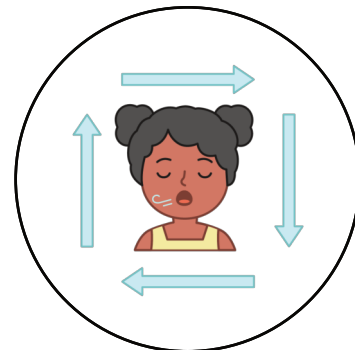
**Take belly breaths**



**Count to 10**



**Take a Break**



**Box Breathe**

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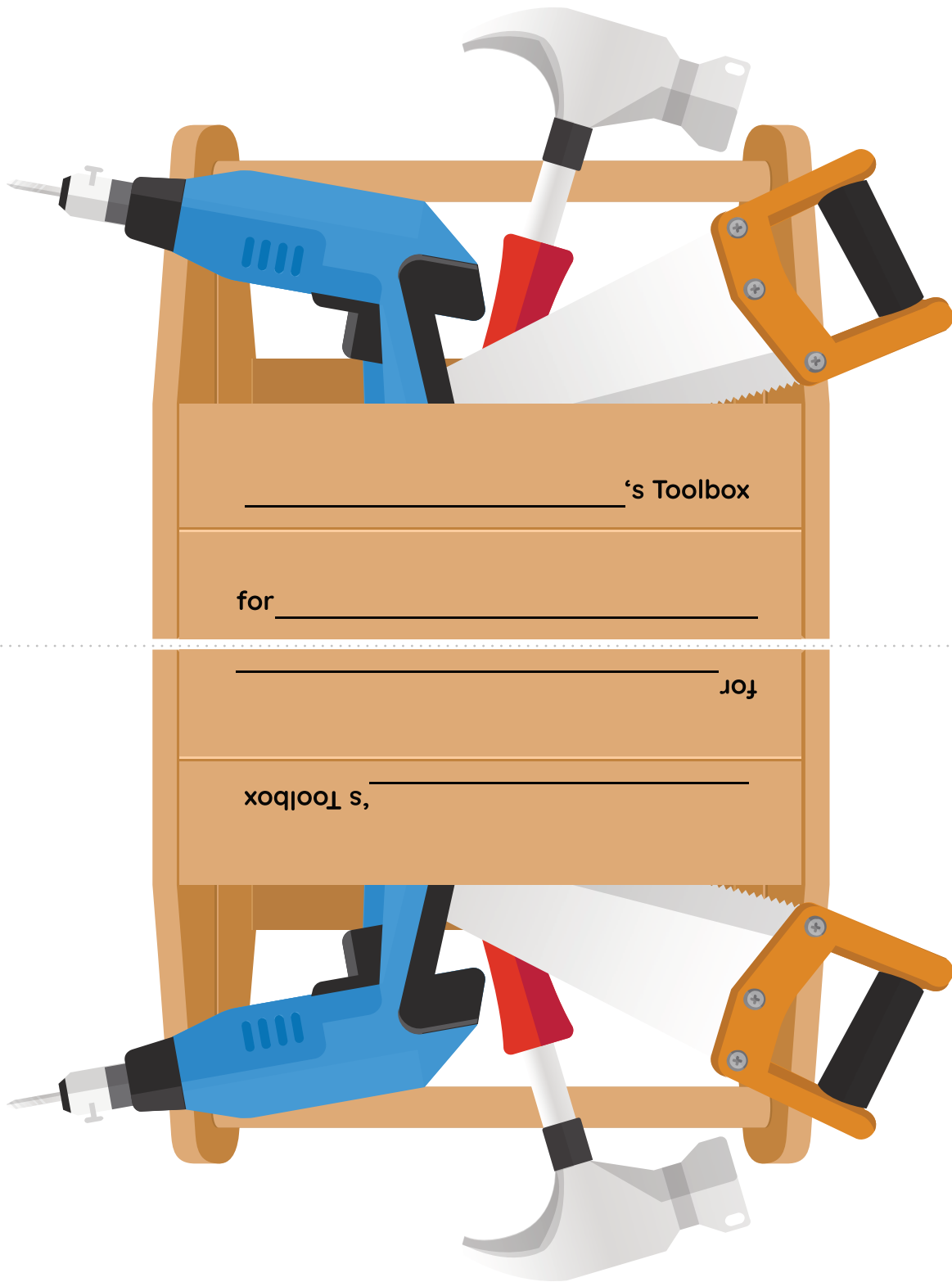
staple

staple

staple

staple

fold-line



# My Self-Control Toolbox

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



## PART 2 - DIRECTIONS:

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

I would use these tools

when