TOOLBOX PROJECT®



Breathing Tool
I calm myself and check in.

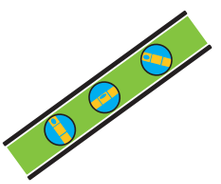
Quiet/Safe Place Tool
I remember my quiet/safe place.





Listening Tool
I listen with my ears, eyes, and heart.

Empathy Tool
I care for myself. I care for others.





Personal Space Tool
I have a right to my space and so do you.

Using Our Words Tool
I use the "right" words, in the "right" way, at the "right" time, for the "right" reason.





Garbage Can Tool
I let the little things go.

Taking Time Tool
I take time-in and time-away.





Please & Thank You Tool
I treat others with kindness and appreciation.

Apology & Forgiveness Tool
I admit my mistakes and work to forgive yours.





Patience Tool
I am strong enough to wait.

Courage Tool
I have the courage to do the "right" thing.



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