



THE TOOLBOX PROJECT



Breathing Tool:

I can take a breath; I calm myself.

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 others; I care for myself.



Personal Space Tool:

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

Using Our Words Tool:

I ask for what I want and need.



Garbage Can Tool:

I let the little things go.

Taking Time Tool:

I use time wisely.



Please and Thank You Tool:

I treat others with kindness and appreciation.

Apology and 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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