My Tool Page 🧰

Tool name

_____

Picture

Draw it or glue a picture card here.

Steps

1. _____
2. _____
3. _____

When I use it

_____

_____

Where I can use it

☐ class ☐ hallway ☐ home ☐ work

☐ other: ____

How well it works for me

☆ ☆ ☆

★ Not really for me
★★ Sometimes helps
★★★ Works for me

Why? _____

My code: ___ ___

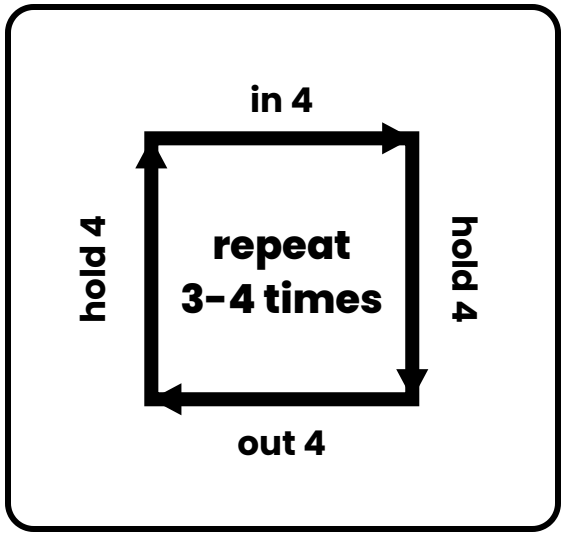
My Tool Page 🧰

EXAMPLE

Tool name

Box breathing

Picture



Steps

1. Breathe in for 4.
2. Hold for 4. Breathe out for 4.
3. Hold for 4. Do it 3-4 times.

When I use it

When my heart beats fast before a test.

When I feel stressed and need to slow down.

Where I can use it

☑ class ☑ hallway ☑ home ☑ work

☐ other: ____

How well it works for me

★ ★ ☆

★ Not really for me
★★ Sometimes helps
★★★ Works for me

Why? It helps, but I forget to count.

My code: ____ ____