

My Calm-Down Toolkit

Tools that help me reset.

Inside:

1. My Reset Plan
2. ★★★ tools that work for me
3. ★★ tools
4. ★ tools

My code: ____ ____

My Reset Plan

Put my Reset Plan card behind this page.

My code: _____ _____

My Tool Pages

Best tools first: ★★★ → ★★ → ★

My code: _____ _____