✂ **Card 1 of 6 · Did It Work?**



Loud room.

Tool: ⏸️ Quiet Space card

After: 🙂 Shoulders down. Calm face.

✂ **Card 2 of 6 · Did It Work?**



Hard work.

Tool: 🧊 "I can try my best."

After: ✊ Hands still tight.

✂ **Card 3 of 6 · Did It Work?**



Mad. Tight fists.

Tool: ✊ Squeeze

After: 🙂 Hands loose. Small smile.

✂ **Card 4 of 6 · Did It Work?**



Busy, worried head.

Tool: 🖐 Five-Finger Breathing

After: 😭 Crying harder.

✂ **Card 5 of 6 · Did It Work?**



Tired, wiggly body.

Tool: 🪑 Desk push-ups

After: 🙂 Sitting still. Calm.

✂ **Card 6 of 6 · Did It Work?**



Sad. Lost the game.

Tool: 🌸🕯️ Smell the flower, blow out the candle

After: ☹️ Still frowning.

✂ Card 1 of 8 · Too Close or Just Right?



We talk. We stand one arm away.

✂ Card 2 of 8 · Too Close or Just Right?



He talks nose to nose.

✂ Card 3 of 8 · Too Close or Just Right?



I wait in line, one step behind.

✂ Card 4 of 8 · Too Close or Just Right?



I lean on my friend's desk while she works.

✂ Card 5 of 8 · Too Close or Just Right?



I wave hello from across the room.

✂ Card 6 of 8 · Too Close or Just Right?



I hug someone who did not ask.

✂ Card 7 of 8 · Too Close or Just Right?



My friend shows ✋. I step back.

✂ Card 8 of 8 · Too Close or Just Right?



I open someone's backpack.



JUST RIGHT

One arm away.



TOO CLOSE

Step back.