✂️ **Card 1 of 3 · Did It Work?**



Mad. Tight fists.

Tool: ✊ Squeeze

After: Hands loose. Small smile.

😊 😐 😟

✂️ **Card 2 of 3 · Did It Work?**



Tired, wiggly body.

Tool: 🪑 Desk push-ups

After: Sitting still. Calm.

😊 😐 😟

✂️ **Card 3 of 3 · Did It Work?**



Sad. Lost the game.

Tool: 🌸🕯️ Smell the flower

After: Still frowning.

😊 😐 😟

✂️ **Pretend 1 of 3**



The lunchroom is LOUD.

Do YOUR goal tool. 10 seconds.

😊 😐 😟

✂️ **Pretend 2 of 3**



The work is hard.

Do YOUR goal tool. 10 seconds.

😊 😐 😟

✂️ **Pretend 3 of 3**



The bus is late.

Do YOUR goal tool. 10 seconds.

😊 😐 😟



My Calm-Down Toolkit

My code: ___ ___

My 2 best tools:

Glue or draw 1 tool in each box.

🗓️ When will I use my tool?

Point or circle one.

 **class**	 **lunch**	 **bus**	 **home**