✂️ **Card 1 of 3 · Name That Tool**




Smell. Then blow.

1 Smell the flower 🌸 · 2 Push-ups 🪑 · 3 Squeeze ✊

✂️ **Card 2 of 3 · Name That Tool**



Trace your fingers. Breathe in and out.

1 Cool-down words 🧊 · 2 Five-Finger Breathing 🖐️ · 3 Break card ⏸️

✂️ **Card 3 of 3 · Name That Tool**



Find 5 things I can see.

1 Squeeze ✊ · 2 Smell the flower 🌸 · 3 5-4-3-2-1 Look 👀



Toolkit Champion!

✏️ Name: _____

I know my calm-down tools. 🧰

My goal tool is:

Draw or glue your tool. ⭐ ⭐ ⭐

Room 113 · My Calm-Down Toolkit · October 2026