✍️ My 3-2-1 Toolkit Reflection

Name: _____ Date: _____

3️⃣ calm-down tools I know 🧰

_____

_____

_____

2️⃣ times I used a tool (or could use one) 🗓️

"When ___ happened, I used ___."

_____

_____

1️⃣ thing I'd tell a new student about calming down 💬

_____

_____

Word bank. box breathing · squeeze and release · cold water · 5-4-3-2-1 grounding · cool thoughts · self-talk · reset pass · asking for a break · test · lunch · hallway · job · bus · home

🎯 My goal showcase

My goal tool is _____. I use it when _____. My Plan B is _____.

✂️ Card 1 of 4 · Which tool fits?



Quiet test. Your heart is racing.

1 Box breathing · 2 Cold water · 3 Reset pass

✂️ Card 2 of 4 · Which tool fits?



A mean comment online. You think, “Everyone hates me.”

1 Squeeze and release · 2 Cool thoughts · 3 5-4-3-2-1

✂️ Card 3 of 4 · Which tool fits?



After PE. You're hot, red, and angry.

1 Cool thoughts · 2 Box breathing · 3 Cold water

✂️ Card 4 of 4 · Which tool fits?



Crowded hallway. Too much noise. You can't think.

1 5-4-3-2-1 grounding · 2 Cold water · 3 Cool thoughts