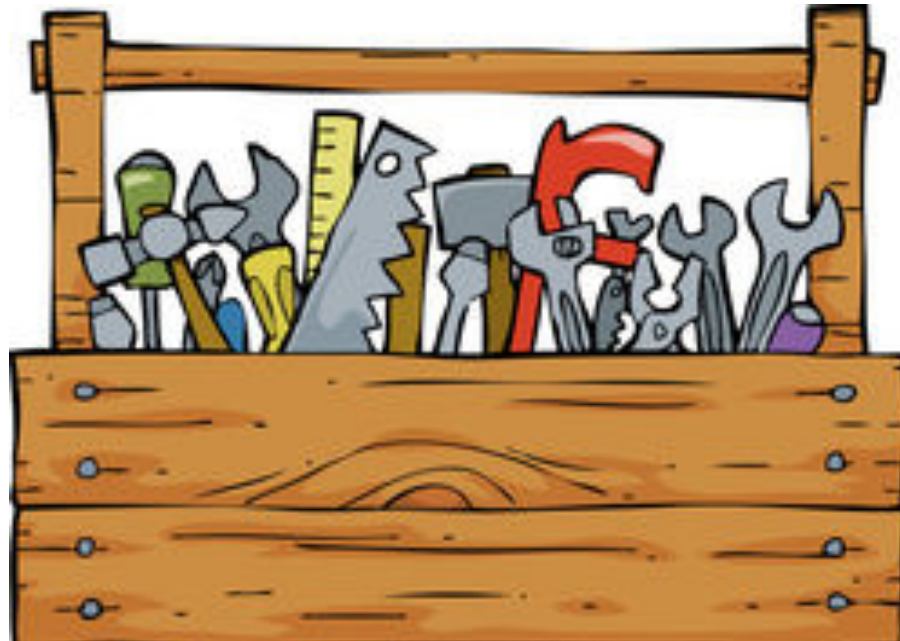
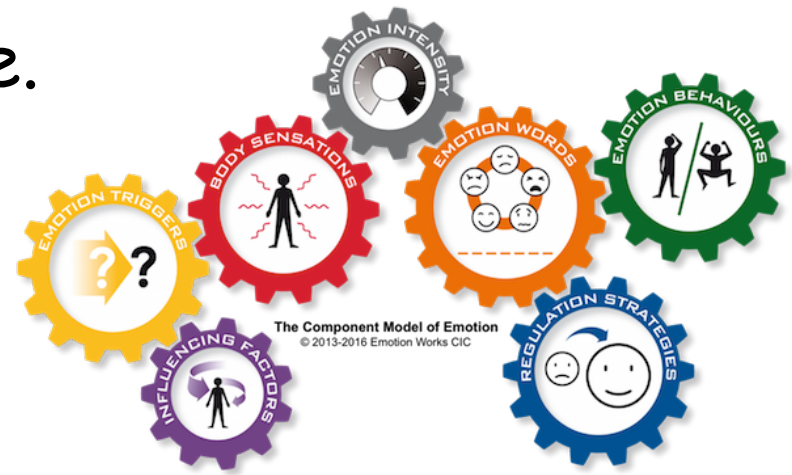


My toolbox



What I can use to fix feelings.

Emotions happen to everyone.



Feelings are a normal part of being a human being. Sometimes they are good feelings.

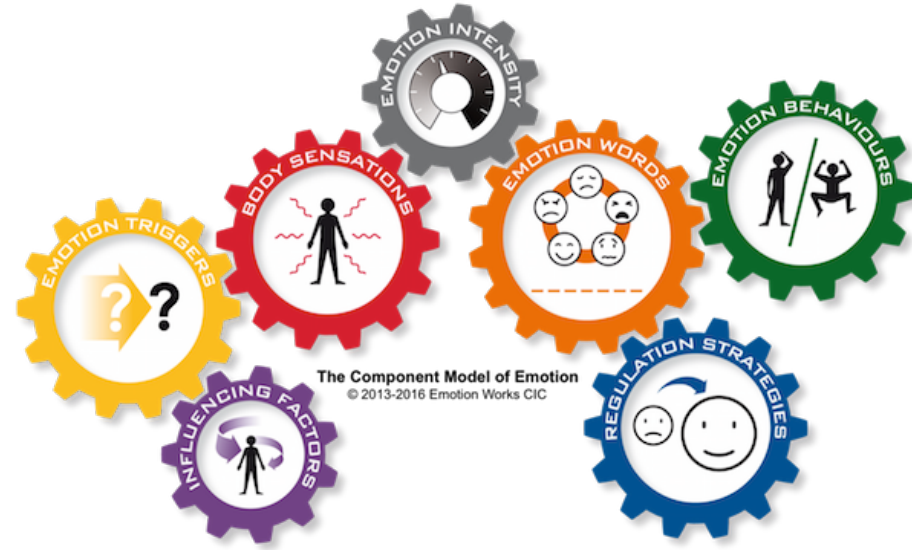
Sometimes they are not so good feelings that we don't like.

Feelings have a purpose. They help us stay safe and know what is good for us.

Sometimes I know what emotion I am feeling. Sometimes I am confused and I get upset because I can't say how I'm feeling. This is okay. Other people feel like that too.

Sometimes feelings get too big. This is okay.

I am learning about feelings.



I can try to find a word that says how I am feeling. This helps me and others 'acknowledge' how I am feeling - that my feeling is real and okay.

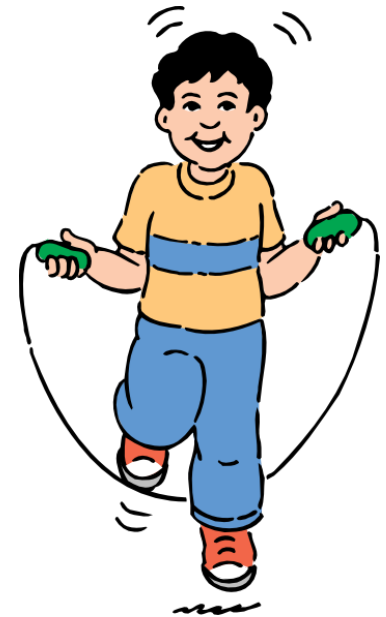
This booklet is to help me remember all the things I have learned that help me change a not-so-good feeling into a 'calm' or 'okay' feeling.

We call this my toolbox because you can use different tools for different jobs.

This is great. Well done me because my feelings are okay and I can help myself feel okay.

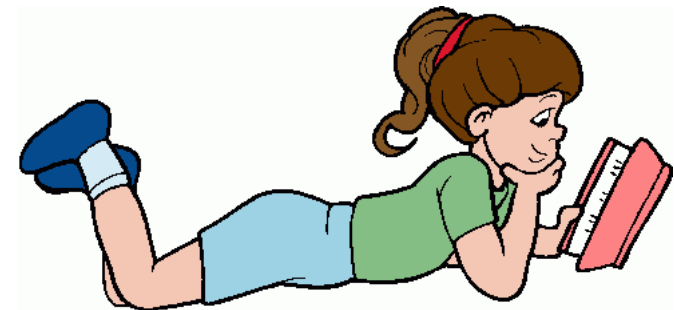
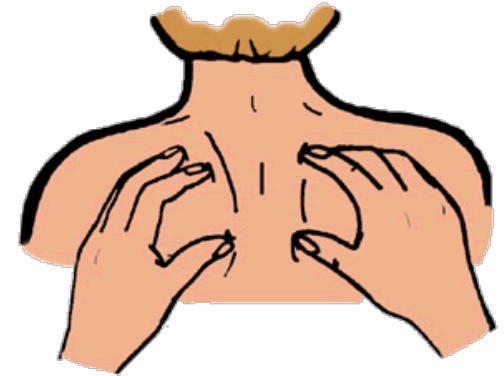
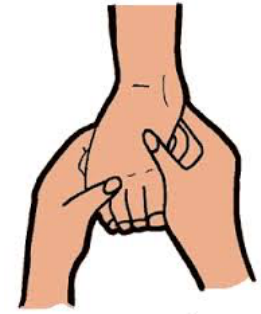
Physical Activity Tools

(Quick release of emotional energy)



Relaxation Tools

(Slow release of emotional energy)



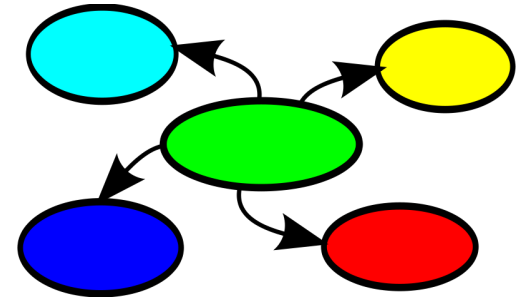
Social Tools

People and social activities that make me feel better.



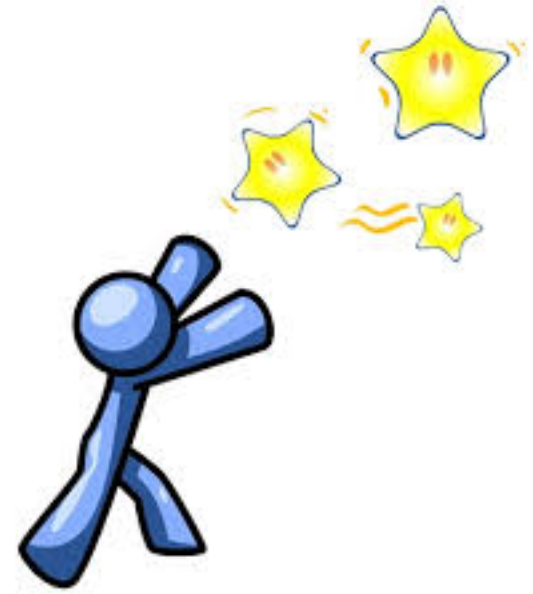
Thinking Tools

(Thoughts, problem solving ideas, my favourite things, gratitude)



Special Interest Tools

(Being an expert in my interest)



Sensory Tools



sensory room

