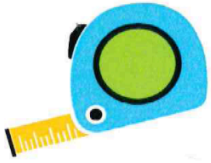


# The 12 Tools



## Breathing Tool

*I calm myself and check in.*



## Quiet/Safe Place Tool

*I remember my quiet/safe place.*

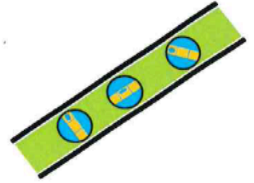


## Listening Tool

*I listen with my ears, eyes, and heart.*

## Empathy Tool

*I care for myself. I care for others.*



## Personal Space Tool

*I have a right to my space. You have a right to yours.*

## Using Our Words Tool

*I use the "right" words, in the "right" way, at the "right" time, for the "right" reason.*



## Garbage Can Tool

*I let the little things go.*

## Taking Time Tool

*I take time-in and time-away.*



## Please & Thank You Tool

*I treat others with kindness and appreciation.*

## Apology & Forgiveness Tool

*I admit my mistakes and work to forgive yours.*



## Patience Tool

*I am strong enough to wait.*

## Courage Tool

*I have the courage to do the "right" thing.*



**TOOLBOX PROJECT**  
TOOLS FOR LEARNING • TOOLS FOR LIFE