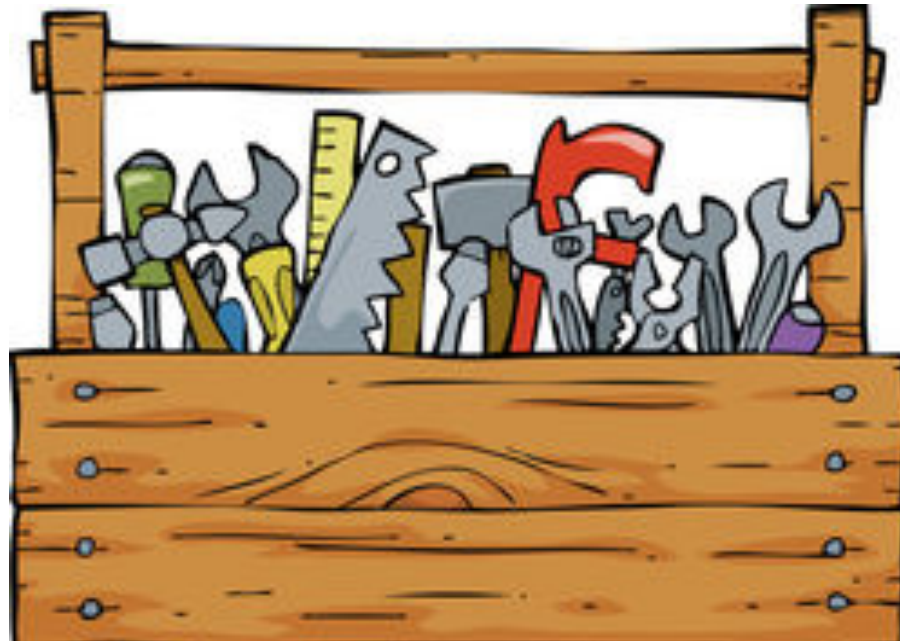
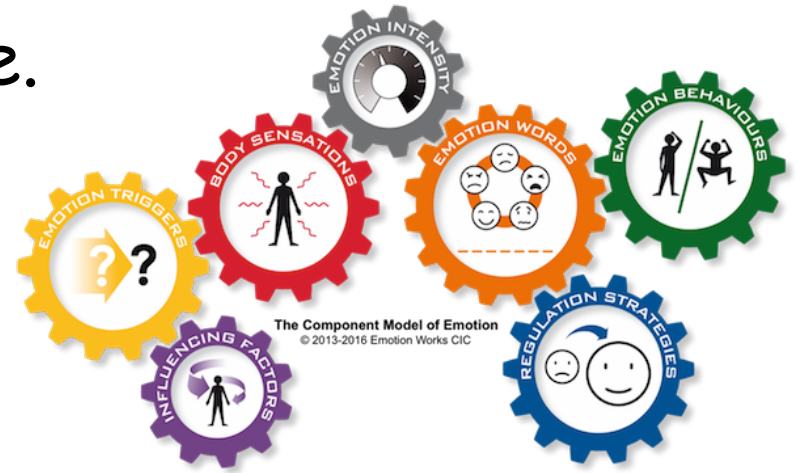


# My toolbox



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.

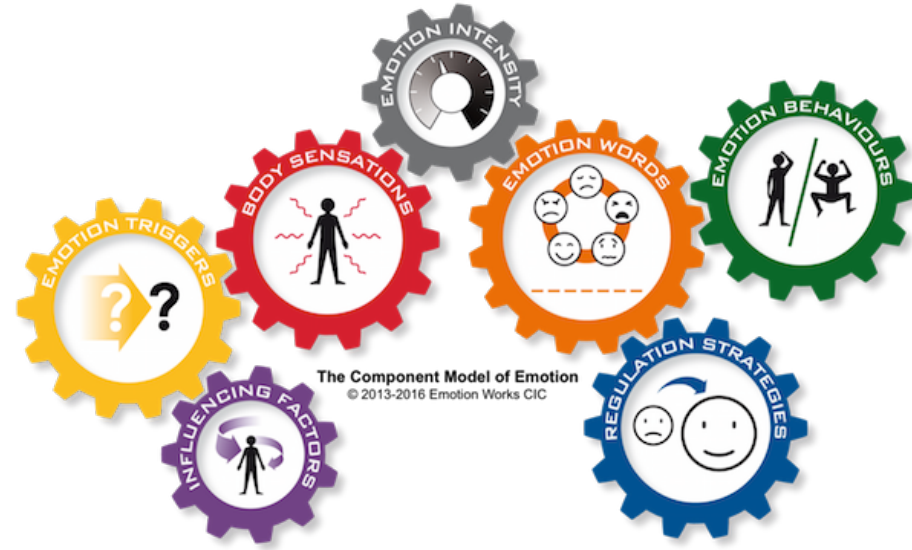
Sometimes they are not so good feelings that we don't like.

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.

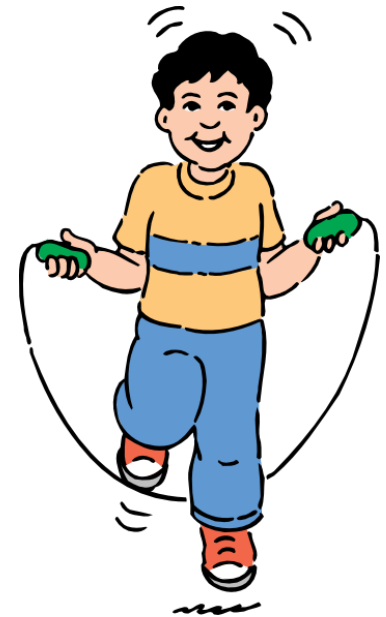
This booklet is to help me remember all the things I have learned that help me change a not-so-good feeling into a 'calm' or 'okay' feeling.

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.

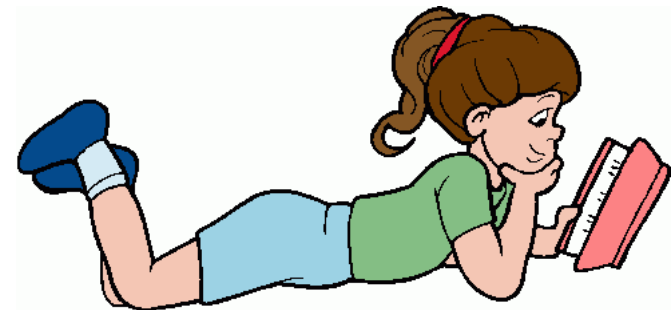
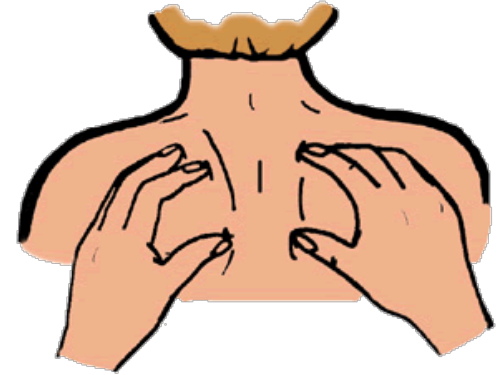
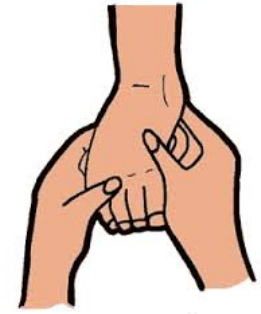
# Physical Activity Tools

(Quick release of emotional energy)



# Relaxation Tools

(Slow release of emotional energy)



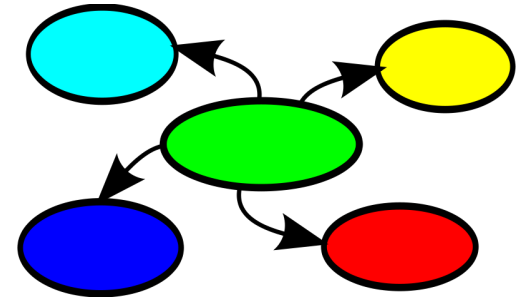
# Social Tools

People and social activities that make me feel better.



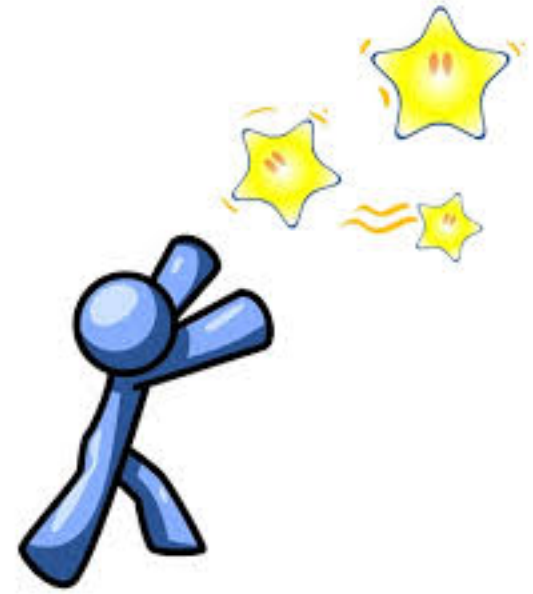
# Thinking Tools

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



# Special Interest Tools

(Being an expert in my interest)





# Sensory Tools



sensory room

