

Name _____ Date _____

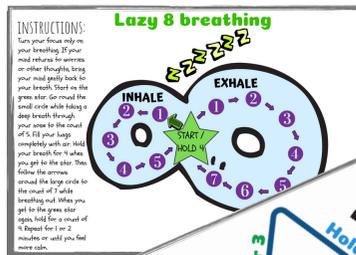
BIG EMOTIONS TOOLBOX / CALM BOX IDEAS

MY BIG EMOTIONS TOOLBOX / CALM BOX IDEAS

Photos or pictures that you like and that cheer you up.



Pictures and reminders of skills that you could use.



note to self:
I don't have to be perfect. Perfection doesn't exist. I'm good enough as I am.

Notes of things you want to try to remember when you're feeling BIG emotions.

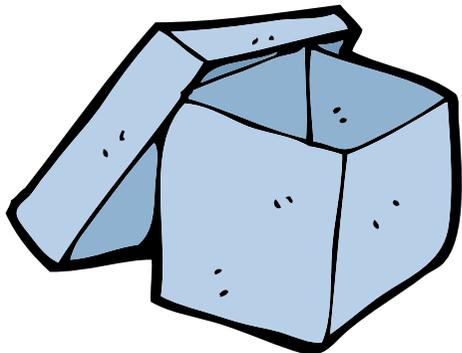
you've GOT this!

Something funny that makes you smile or laugh.

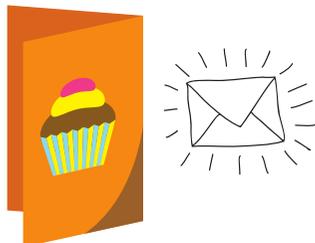


AND... any other objects you think will help you to feel more calm and/or cheer you up!

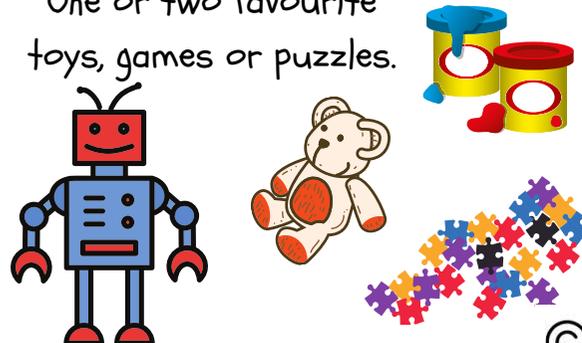
You'll need a box. An old shoe box or similar will do!



Old cards that make you smile.



One or two favourite toys, games or puzzles.



A vertical column of 15 yellow circles on the left and 15 horizontal green lines on the right, serving as a checklist or list of ideas.