AGES 5–12 ACTIVITY

Build Your Own Emotional Regulation Toolbox



WHAT THIS IS

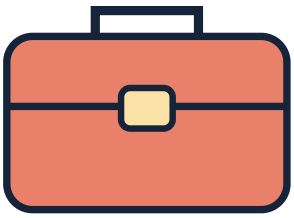
Every builder has a toolbox. Fill yours with strategies that work for you.

HOW TO USE IT

1. Think of one tool for each drawer.
2. Write or draw it.
3. Practice a tool when you feel just a little upset.

EXAMPLE

"Body tool: jumping jacks. Brain tool: 'I can do hard things.' Helper tool: Dad."



1. **Body tool** · Something I do with my body

2. **Brain tool** · A helpful thought I can say

3. **Heart tool** · A feeling I can name

4. **Helper tool** · A person I can ask

5. **Fun tool** · Something fun that helps me reset

Your toolbox is ready! Keep this page where you can find it.

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