



## The 12 Tools

*Tools for Learning • Tools for Life*



### 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 others. I care for myself.*



### Personal Space Tool

*I have a right to my space and so do you.*

### Using Our Words Tool

*I ask for what I want and need.*



### Garbage Can Tool

*I let the little things go.*

### Taking Time Tool

*I use time wisely.*



### 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.*



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