



PERSONAL REFLECTION:

Write down which among the listed 12 tools (on the right) might be good for you to use as you cross obstacles in your journey. Then write why might the tool(s) might be useful.



THE TOOLBOX PROJECT

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

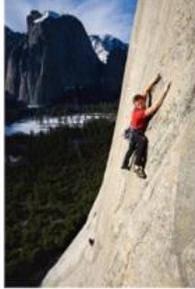
I am strong enough to wait.

Courage Tool

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



WHICH PART(S) OF THE STORY IS ABOUT YOU?

<p>WILD RIVER: Losing your sense of control, and caught by strong currents.</p> 	<p>STICKY SWAMP: Feeling stuck; it is difficult to move forward.</p> 	<p>STEEP MOUNTAIN: Feeling overwhelmed by the steepness & height of the climb.</p> 	<p>COLD LAKE: Things feel cold, meaningless & lonely.</p> 
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WHO DO THESE CHARACTERS REPRESENT IN YOUR LIFE?

<p>The <u>one in need of healing</u> - Bright Sun</p> 	<p>The <u>nurturer</u> - Grandma Nuni</p> 	<p>The <u>guides</u> - Brother Bear, Beaver & Moose</p> 	<p>The <u>providers of healing</u> - Wise Raven</p>  <p>What is the medicine needed in your life?</p>	<p>Siblings who <u>provide nourishment</u> - Strong Bow & Shining Spear</p> 
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