



## 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.*

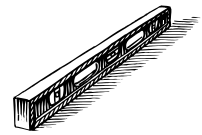


### **Listening Tool**

*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 use the "right" words in the "right" way.*

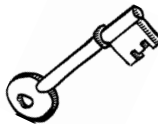


### **Garbage Can Tool**

*I let the little things go.*

### **Taking Time Tool**

*I take time-in and time-away.*



### **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.*

