

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Toolbox Quiz

1. I calm myself by breathing in and out.
  2. I find a quiet/safe place to get calm.
  3. I listen with my ears, eyes, and heart.
  4. I care for others & I care for myself.
  5. I have a right to my own space and so do you.
  6. I use polite words to communicate my feelings to others.
  7. I let the little things go.
  8. I take some time away from the problem to think about a solution.
  9. I use manners and treat others with kindness and appreciation.
  10. I admit my mistakes and work to forgive others to glue friendships back together.
  11. I am strong enough to wait politely even when it's hard.
  12. I have the courage to do the right thing.
- A. Using Your Words Tool
  - B. Courage Tool
  - C. Apology & Forgiveness Tool
  - D. Garbage Can Tool
  - E. Personal Space Tool
  - F. Quiet/safe place tool
  - G. Listening Tool
  - H. Breathing Tool
  - I. Please & Thank You Tool
  - J. Empathy Tool
  - K. Taking Time Tool
  - L. Patience Tool