



MY REGULATION TOOLBOX



TAKE CARE OF MY BODY

 **Deep Breaths**

 **Drink Water**

 **Move My Body**

 **Rest**

 **Time Outside**

TAKE CARE OF MY FEELINGS

 **Talk**

 **Get a Hug**

 **Listen to Music**

 **Draw**

 **Read**

 **Calm Jar**

RECONNECT WITH ME

 **Create**

 **Use My Imagination**

 **Quiet Time**


 **Listen to Something I Enjoy**


 **Do Something I Enjoy**

 **Journal**

★ MY FAVORITE TOOL

Circle your favorite tool above.
Then draw yourself using it!





The more we notice, the more we learn about ourselves.

