



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.

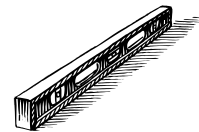


Listening Tool

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.

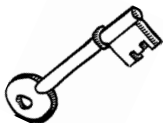


Garbage Can Tool

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.

