

Name _____ Date _____

BIG EMOTIONS TOOLBOX / CALM BOX IDEAS

Photos or pictures
that you like and that
cheer you up.

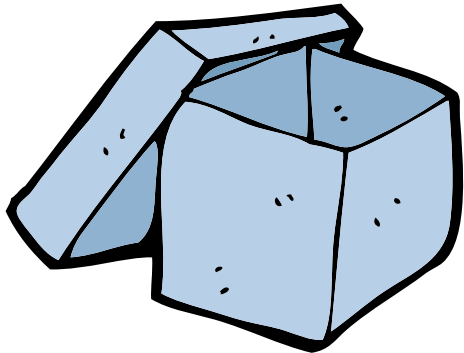


GOOD
TIMES

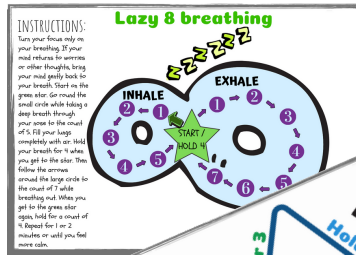
Something funny
that makes you
smile or laugh.



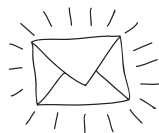
You'll need a box. An old
shoe box or similar will do!



Pictures and
reminders of skills
that you could use.



Old cards that
make you smile.



note to self:
I don't have to be
perfect. Perfection
doesn't exist. I'm
good enough as I
am.

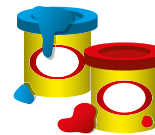
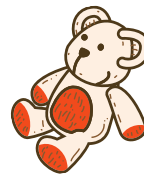
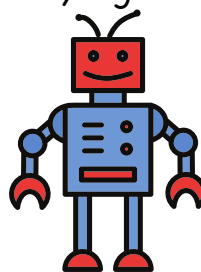
Notes of things you
want to try to
remember when
you're feeling BIG
emotions.

you've
GOT
this!

AND... any other objects
you think will help you
to feel more calm and/or
cheer you up!



One or two favourite
toys, games or puzzles.



MY BIG EMOTIONS TOOLBOX / CALM BOX IDEAS



12 horizontal green lines for writing ideas.