

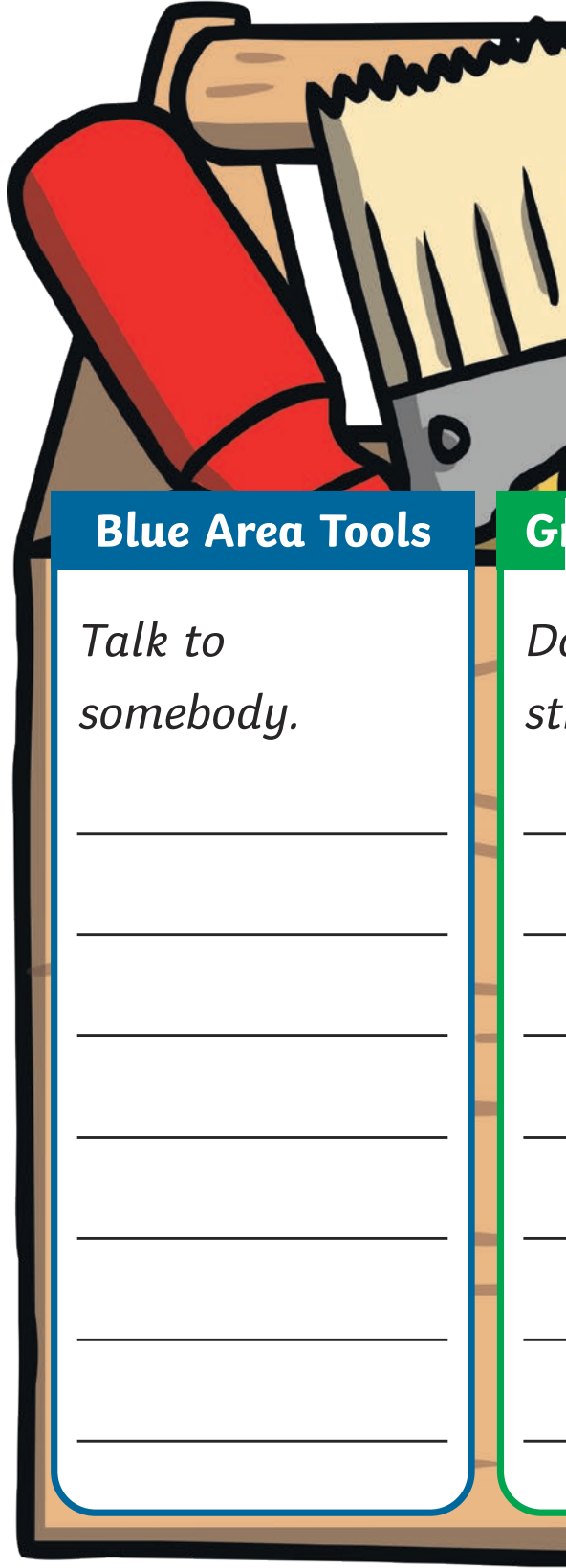
Self-Regulation Toolbox

_____ 's

Toolbox

In the toolbox below, write down some tools that work for you and that will help you to self-regulate yourself. Keep these strategies in your toolbox to use again and again in order to keep your mood 'just right'. We've put one in for each area to help get you started!

If you're unsure, have a look at our [Self-Regulation Display Posters](#).



Blue Area Tools

Talk to somebody.

Green Area Tools

Do something.



Green Area Tools

Do yoga stretches.

Yellow Area Tools

Take some deep breaths.

Red Area Tools

Take a break.
