

## Make your own Tool Box



We all have feelings and our feelings change all day long. We handle our feelings in different ways, screaming, laughing, hitting, crying, hiding, etc. Some ways we let feelings out can be healthy and some ways we let feelings out can hurt ourselves or other people and can get us into trouble. Holding our feelings in can cause headaches and bellyaches. We all need to learn skills as to how to handle feelings in the best way.

Write down positive ways of handling your feelings:

Write down negative ways of handling your feelings:

On separate pieces of paper draw a picture of a tool (screwdriver, hammer, paintbrush, drill, shovel, etc.)

Inside each tool you can put the name of a positive “skill” that you can use that can help you handle your feelings in a positive way (talk to a friend, cry, exercise, read a book, breath, etc).

Now when you are having different feelings, you can pull a “tool” out of your tool box and handle the feeling in the best possible way.

