




# Take a look around

--- FIND THE TOOLS THAT WORK FOR YOU ---


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*What is something that...*

 CALMS YOU DOWN: \_\_\_\_\_

 HELPS WHEN YOU ARE ANGRY: \_\_\_\_\_

 BRINGS YOU JOY: \_\_\_\_\_

 YOU USE WHEN YOU ARE SAD: \_\_\_\_\_

 ENERGIZES YOU: \_\_\_\_\_

 CALMS ANXIOUS FEELINGS: \_\_\_\_\_

 HELPS RELEASE STRESS: \_\_\_\_\_

 MAKES YOU LAUGH: \_\_\_\_\_