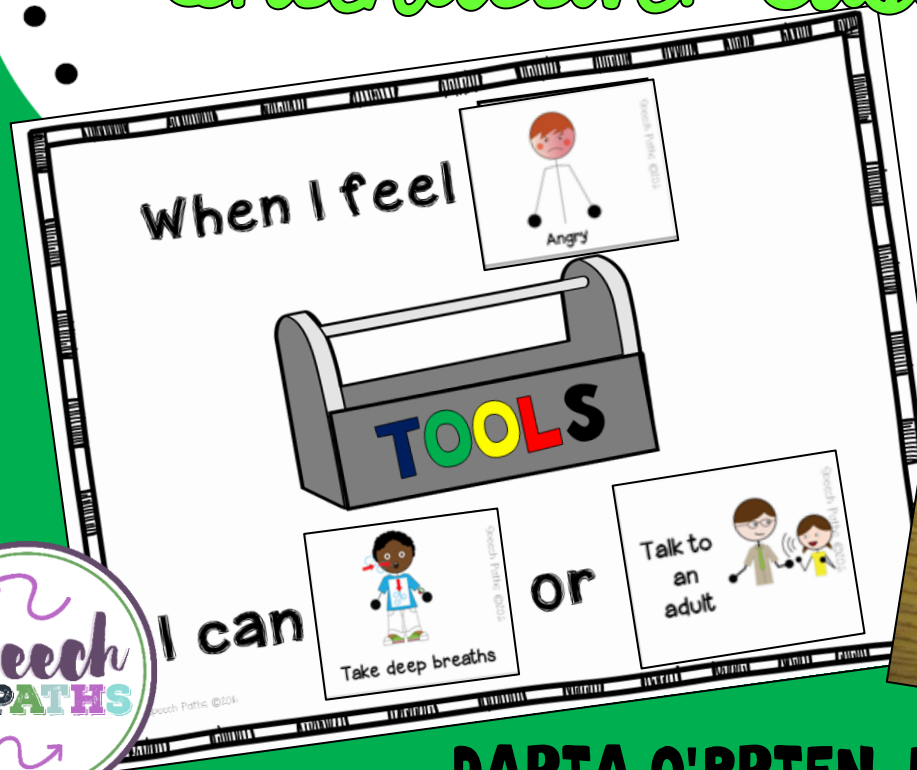


My Emotions TOOLBOX

Interactive! Customizable!

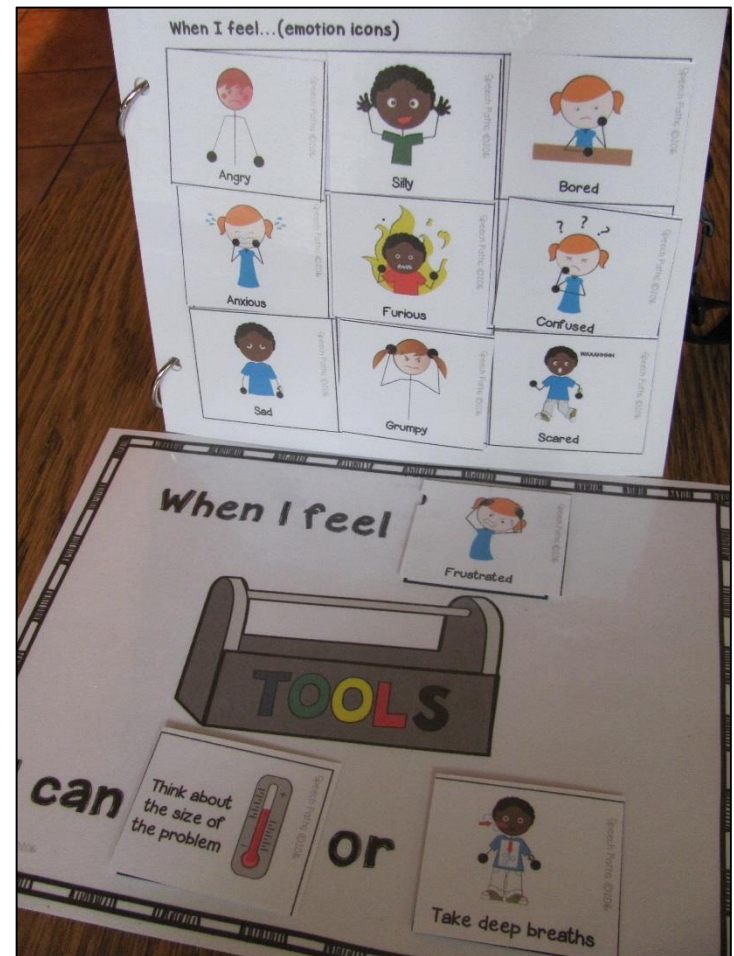
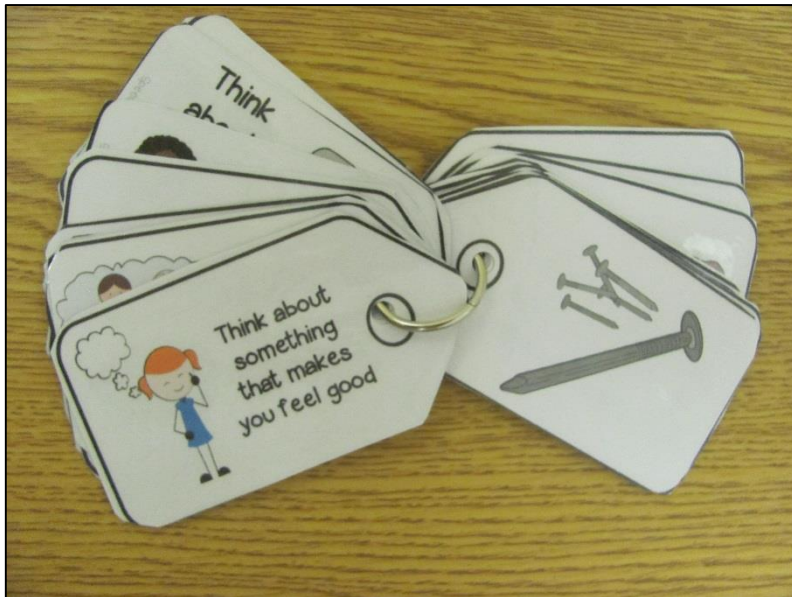


DARIA O'BRIEN, MS, CCC-SLP

My Emotions Toolbox

How to Use

The enclosed materials can be easily printed and cut. Students can simply glue choices onto their toolbox. For added durability, consider printing on cardstock and adhering with Velcro.



3-STEP PLAN

1

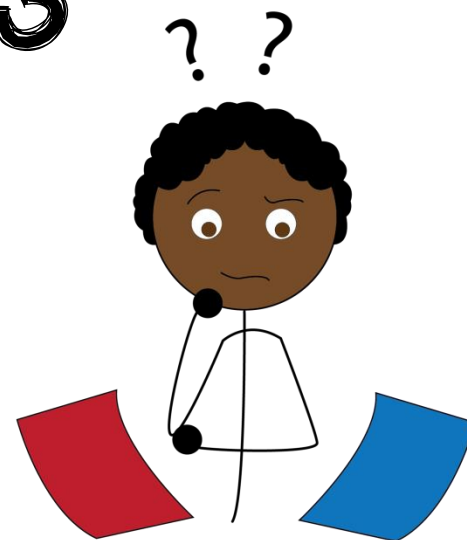


2



Think about how I feel

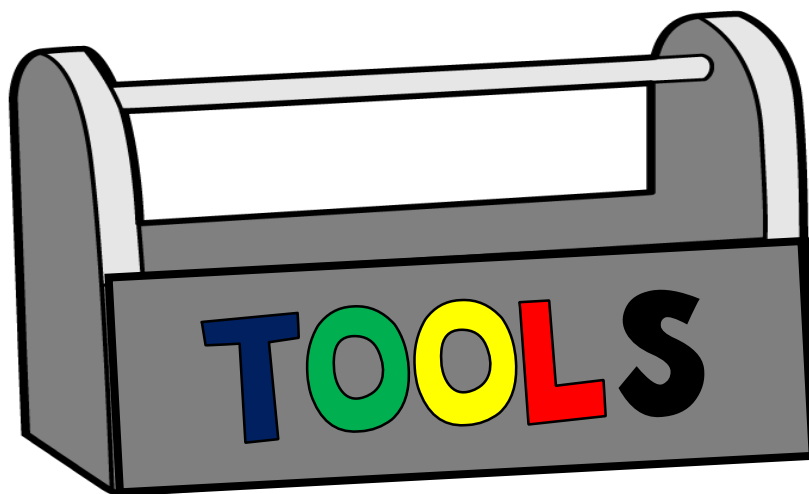
3



Choose a strategy

When I feel

Place emotion
icon here



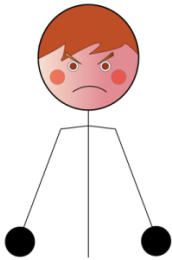






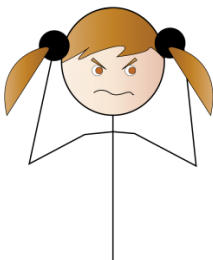

I can

Place strategy
icon here









or

Place strategy
icon here


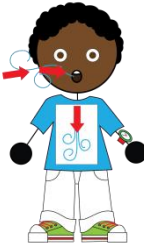
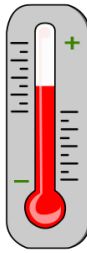


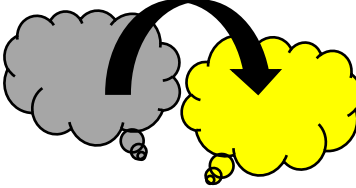



When I feel...(emotion icons)

 <p>Angry</p> <p>Speech Paths ©2016</p>	 <p>Silly</p> <p>Speech Paths ©2016</p>	 <p>Bored</p> <p>Speech Paths ©2016</p>
 <p>Anxious</p> <p>Speech Paths ©2016</p>	 <p>Furious</p> <p>Speech Paths ©2016</p>	 <p>Confused</p> <p>Speech Paths ©2016</p>
 <p>Sad</p> <p>Speech Paths ©2016</p>	 <p>Grumpy</p> <p>Speech Paths ©2016</p>	 <p>Scared</p> <p>Speech Paths ©2016</p>






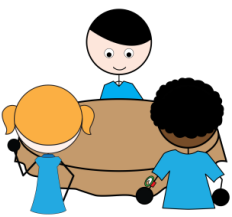
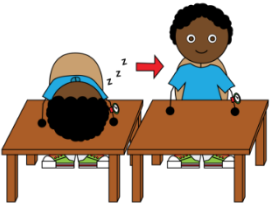
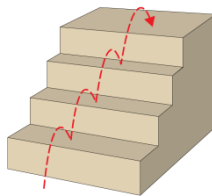
When I feel...(emotion icons)

 <p>Speech Paths ©2016</p> <p>Frustrated</p>	 <p>Speech Paths ©2016</p> <p>Lonely</p>	 <p>Speech Paths ©2016</p> <p>Embarrassed</p>
 <p>Speech Paths ©2016</p> <p>Jealous</p>	 <p>Speech Paths ©2016</p> <p>Irritated</p>	 <p>Speech Paths ©2016</p> <p>Tired</p>
 <p>Speech Paths ©2016</p> <p>Worried</p>	 <p>Speech Paths ©2016</p> <p>Upset</p>	<p>Speech Paths ©2016</p>

I can...(strategy icons)

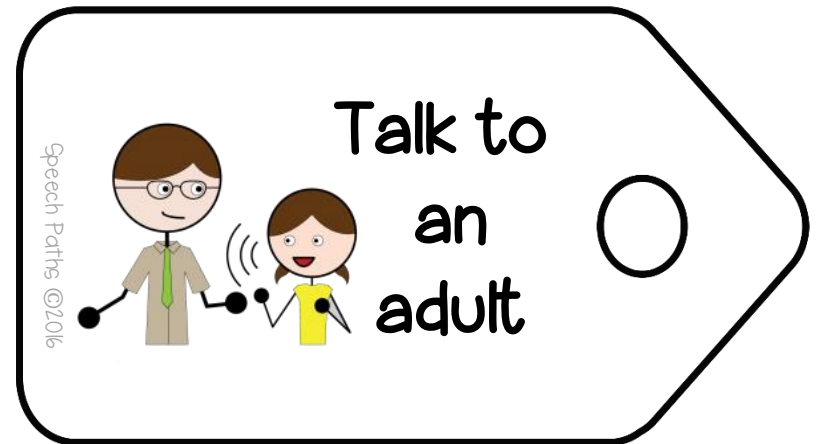
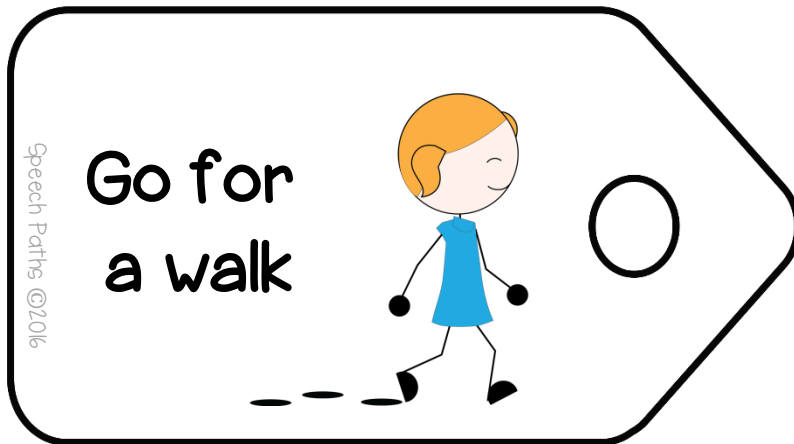
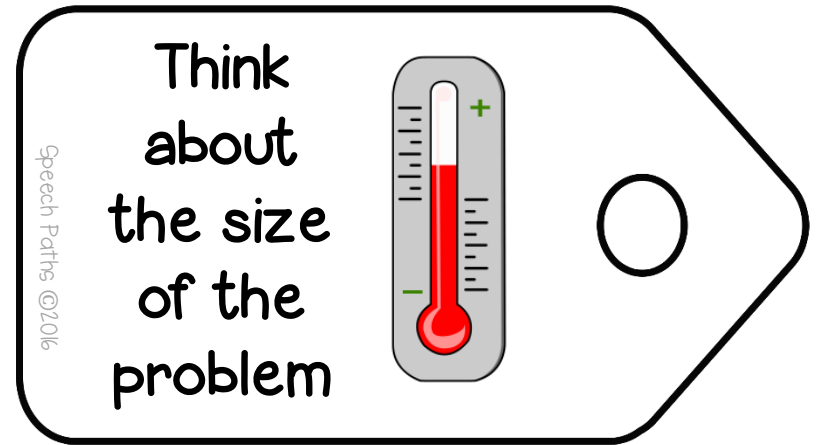
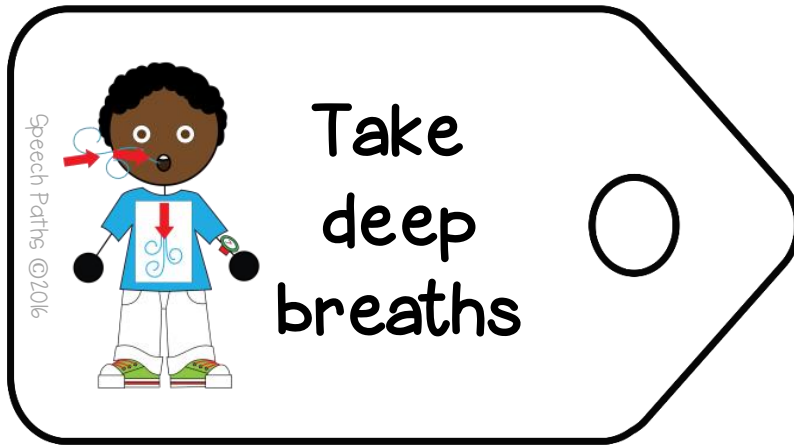
 <p>Speech Paths ©2016</p> <p>Listen to music</p>	 <p>Speech Paths ©2016</p> <p>Take deep breaths</p>	 <p>Speech Paths ©2016</p> <p>Think about the size of the problem</p>
<p>Go for a walk</p>  <p>Speech Paths ©2016</p>	<p>Talk to an adult</p>  <p>Speech Paths ©2016</p>	 <p>Speech Paths ©2016</p> <p>Think about how you can turn a negative thought into a positive thought</p>
 <p>Speech Paths ©2016</p> <p>Think about something that makes you feel good</p>	 <p>Speech Paths ©2016</p> <p>Think about how others feel</p>	 <p>Speech Paths ©2016</p> <p>Tell yourself "It's no BIG deal"</p>

I can...(strategy icons)

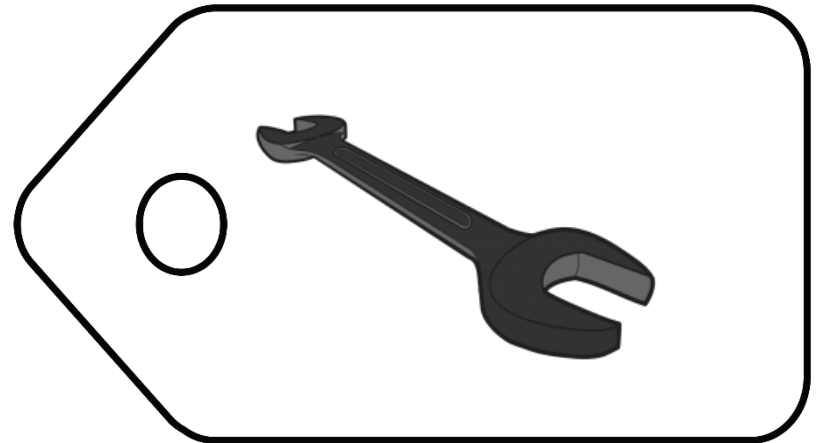
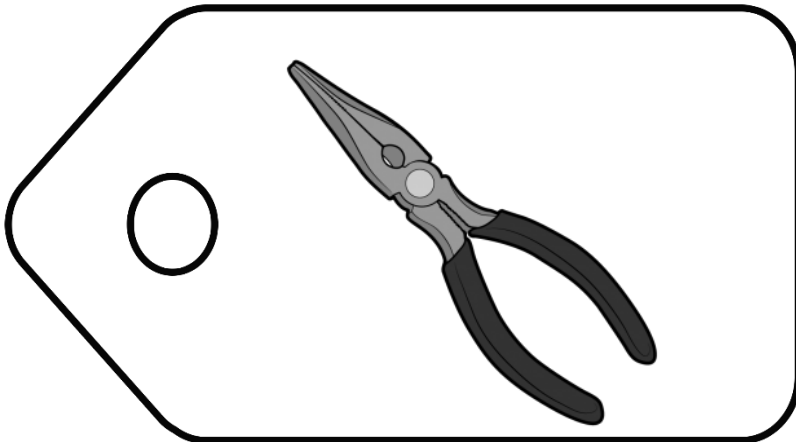
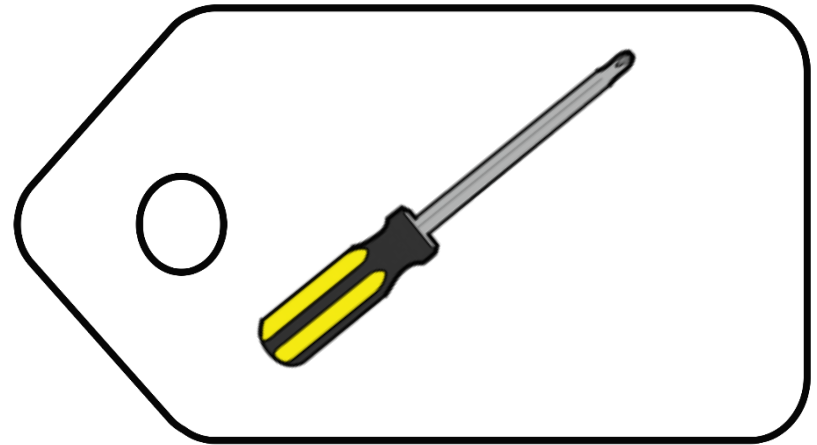
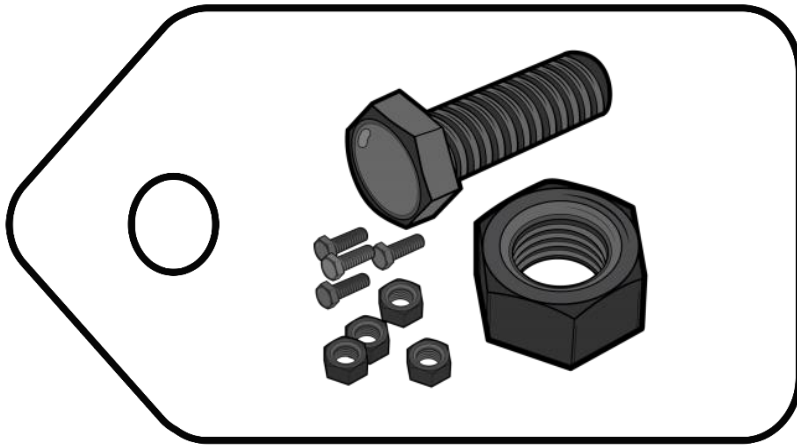
 <p>Keep uncomfortable thoughts & words in your head</p> <p>Speech Paths ©2016</p>	 <p>Ask for a break</p> <p>Speech Paths ©2016</p>	 <p>Use whole body listening</p> <p>Speech Paths ©2016</p>
 <p>Be a flexible thinker</p> <p>Speech Paths ©2016</p>	 <p>Use nice words & a friendly voice</p> <p>Speech Paths ©2016</p>	 <p>Make sure your brain is in the group</p> <p>Speech Paths ©2016</p>
 <p>Act like you are interested even if you are not.</p> <p>Speech Paths ©2016</p>	 <p>Climb some stairs</p> <p>Speech Paths ©2016</p>	<p>Speech Paths ©2016</p>

Strategy Tools:

Print with back of card tool picture if desired, laminate, cut and place on ring binder for individual use

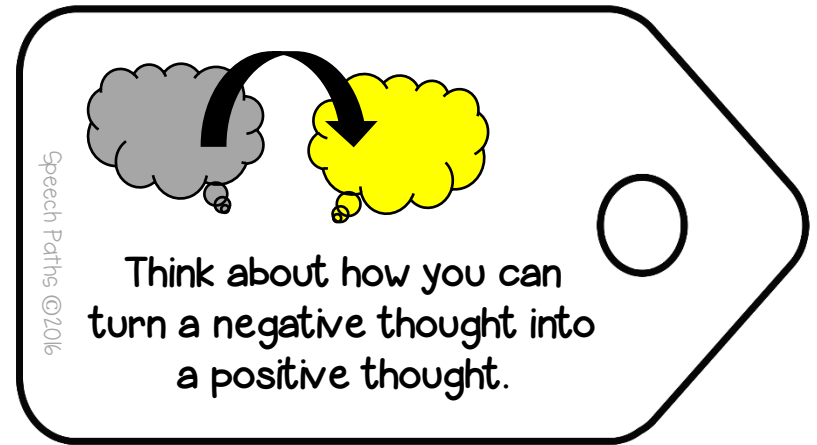


Strategy tools: print on back of strategy cards if desired.
(TIP: When printing, choose "print on both sides, flip pages on short edge".)

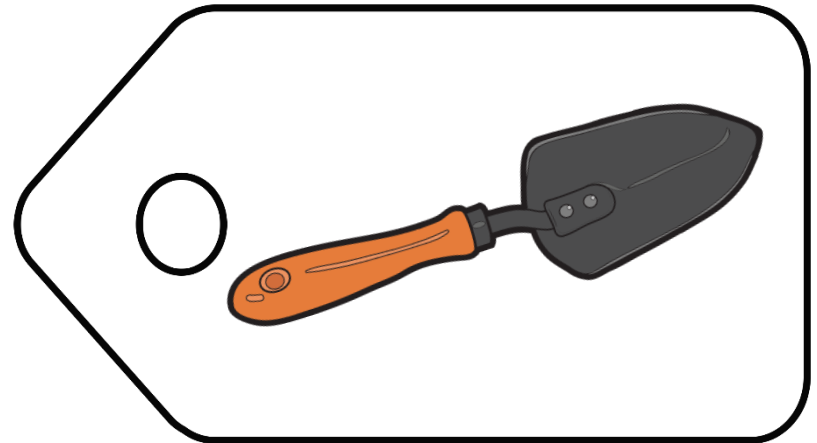
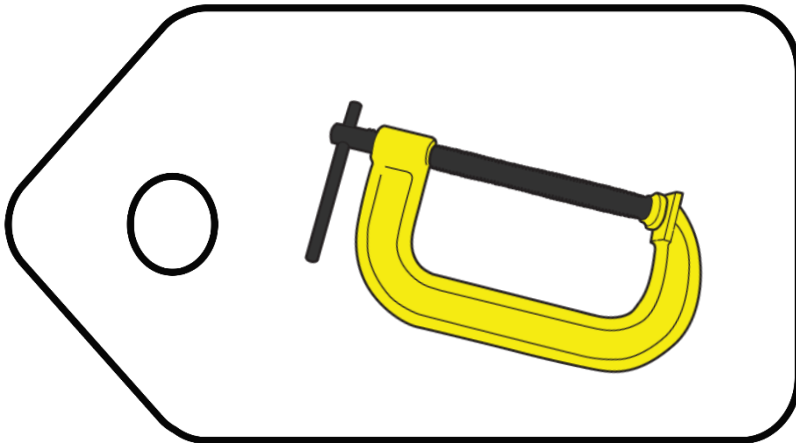
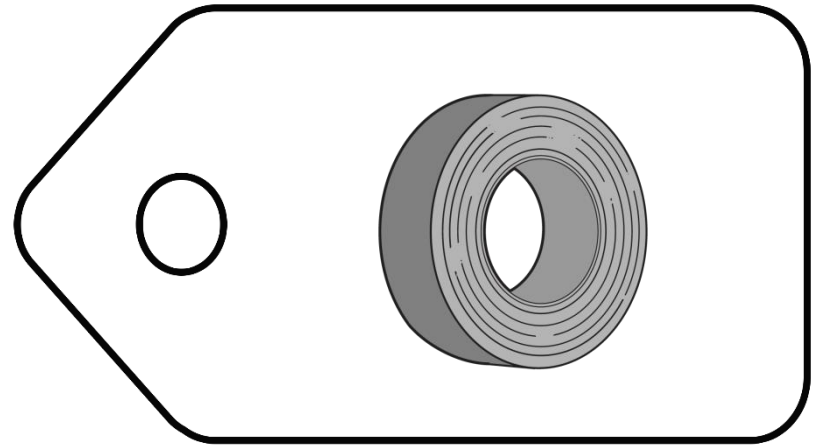
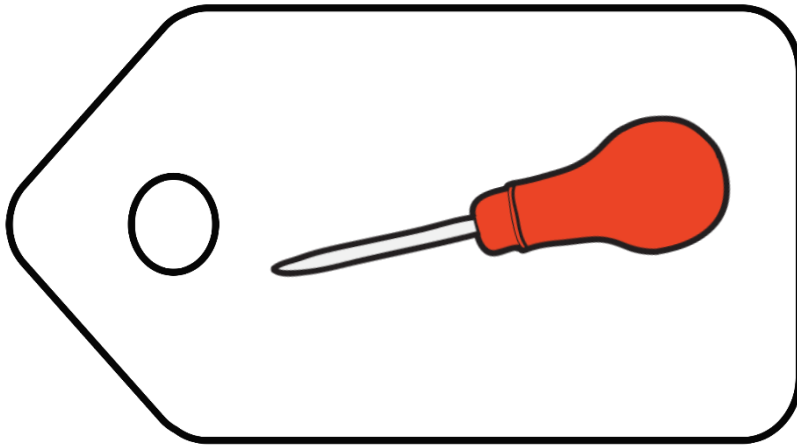


Strategy Tools:

Print with back of card tool picture if desired, laminate, cut and place on ring binder for individual use



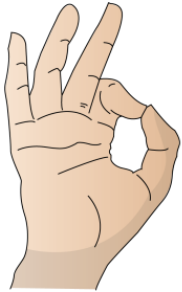
Strategy tools: print on back of strategy cards if desired.
(TIP: When printing, choose "print on both sides, flip pages on short edge".)



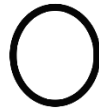
Strategy Tools:

Print with back of card tool picture if desired, laminate, cut and place on ring binder for individual use

Speech Paths ©2016



Tell
yourself
"It's no
BIG deal"



Speech Paths ©2016



Keep
uncomfortable
thoughts &
words in your
head



Speech Paths ©2016



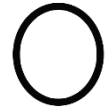
Ask for
a break



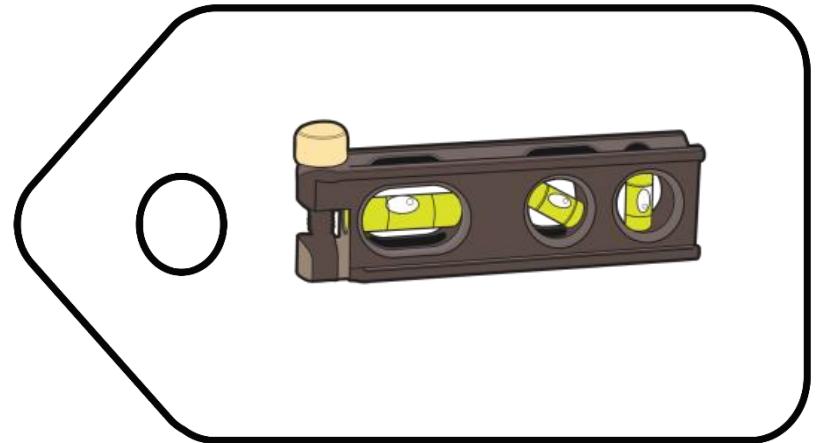
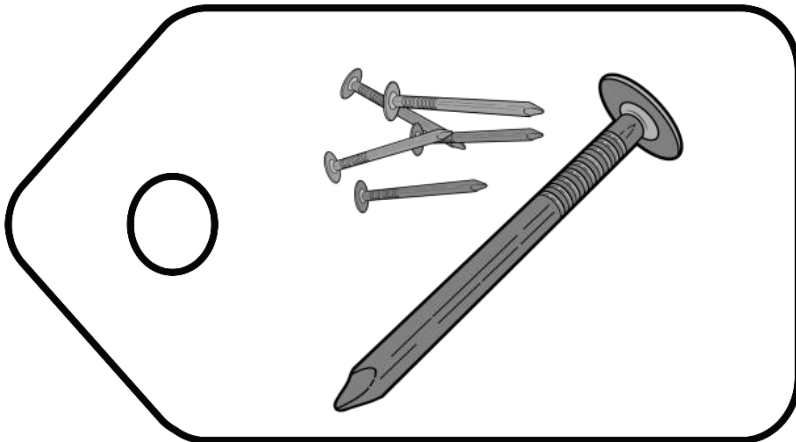
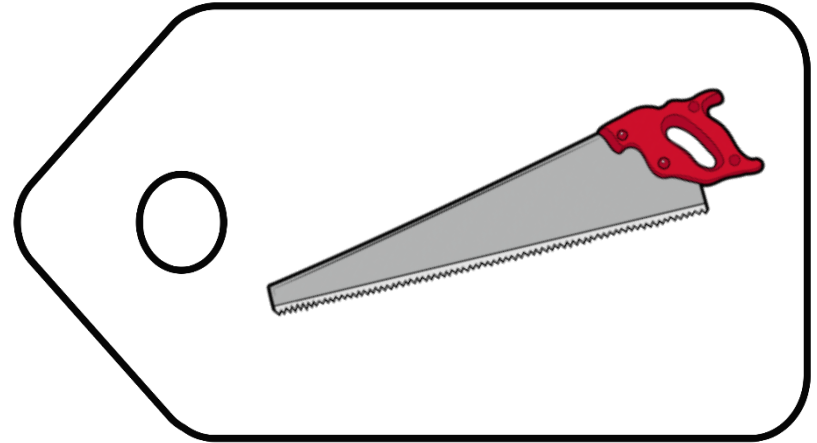
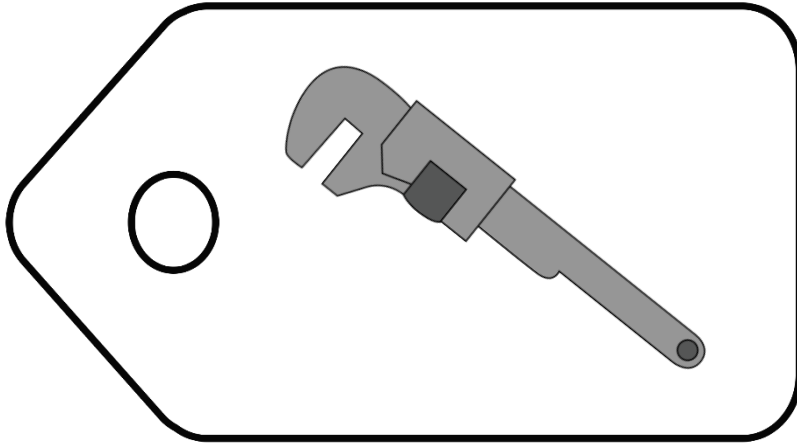
Speech Paths ©2016



Be a
flexible
thinker



Strategy tools: print on back of strategy cards if desired.
(TIP: When printing, choose "print on both sides, flip pages on short edge".)



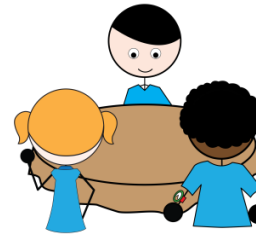
Strategy Tools:

Print with back of card tool picture if desired, laminate, cut and place on ring binder for individual use



Use nice
words & a
friendly
voice

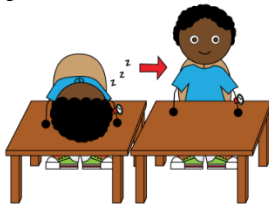
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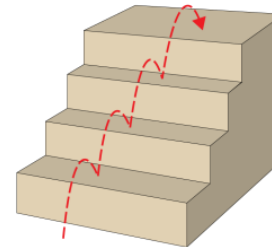
Make sure
your brain
is in
the group

Speech Paths ©2016

Act like you are
interested even if
you are not.

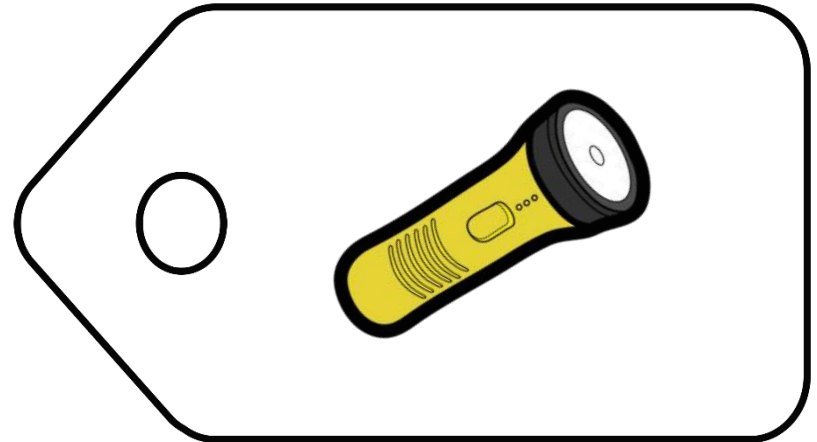
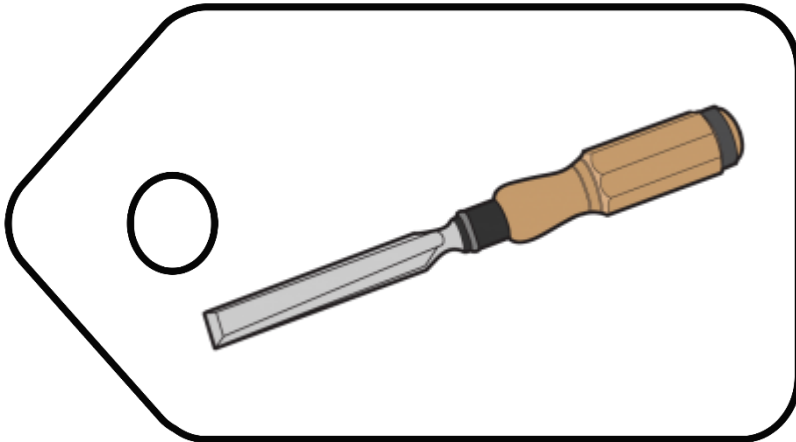
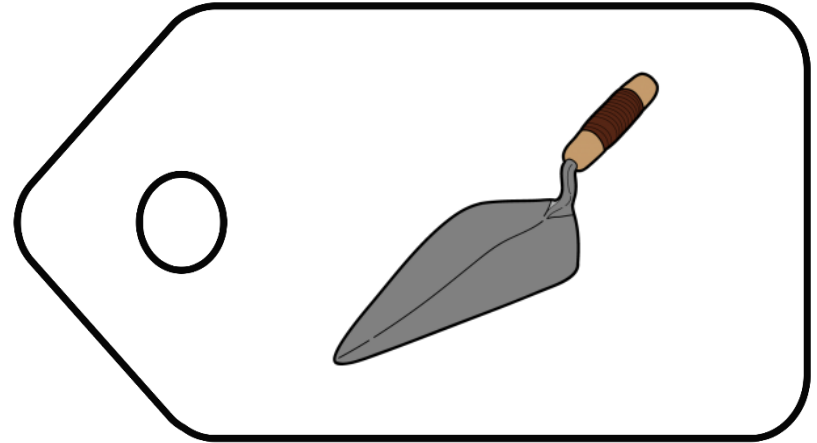
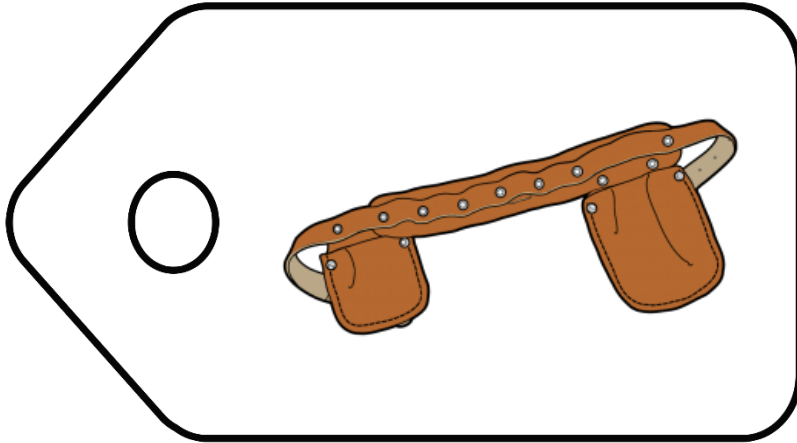


Speech Paths ©2016



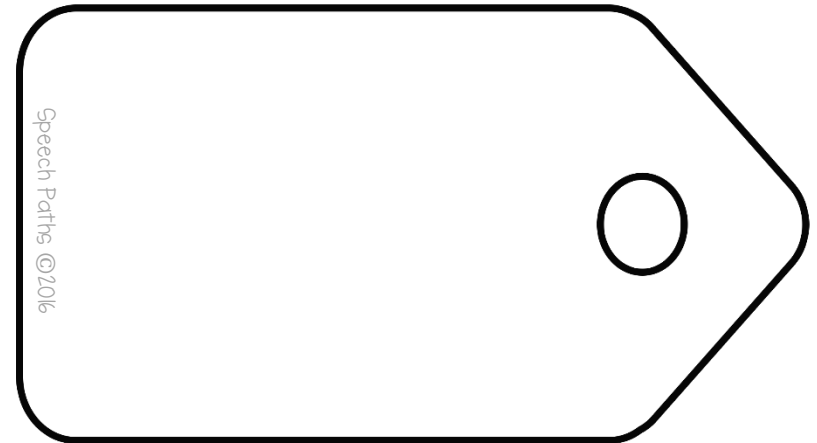
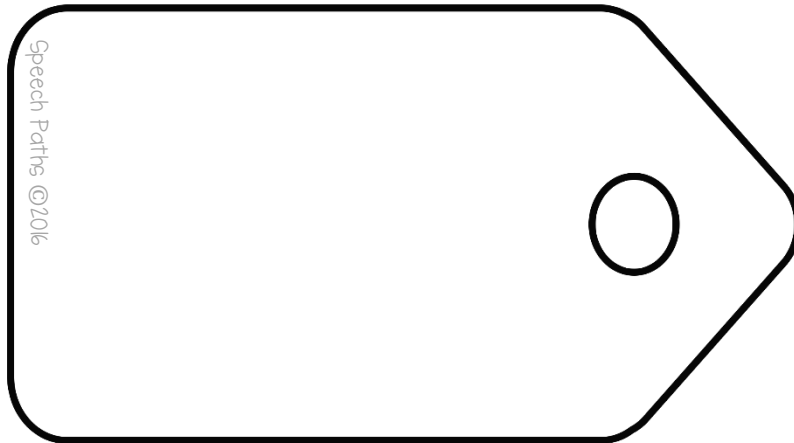
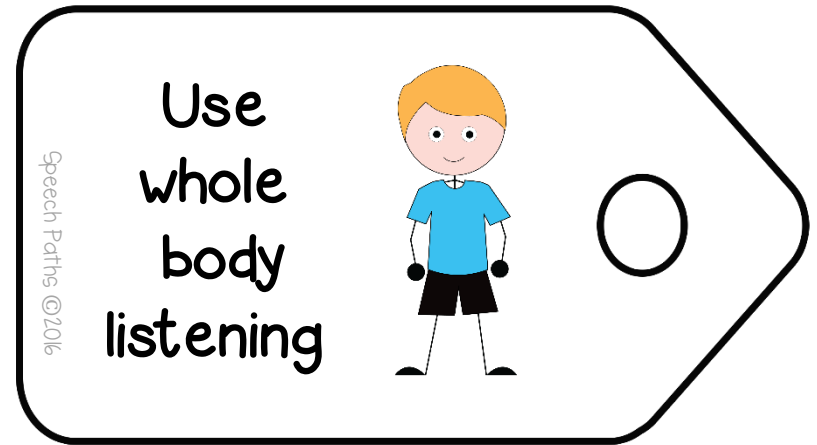
Climb
some
stairs

Strategy tools: print on back of strategy cards if desired.
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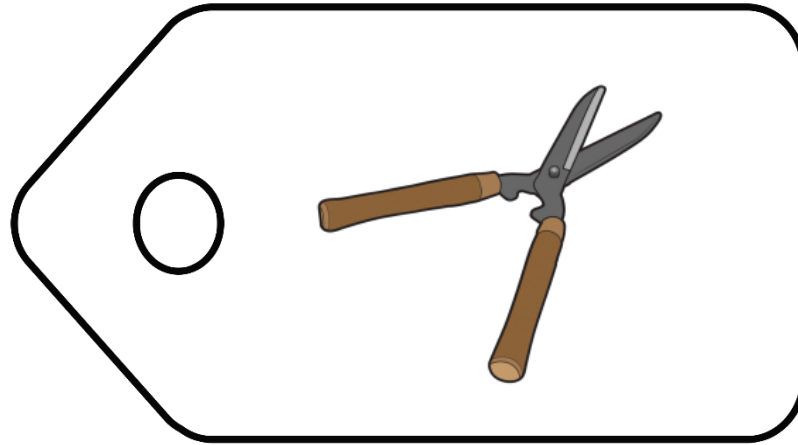
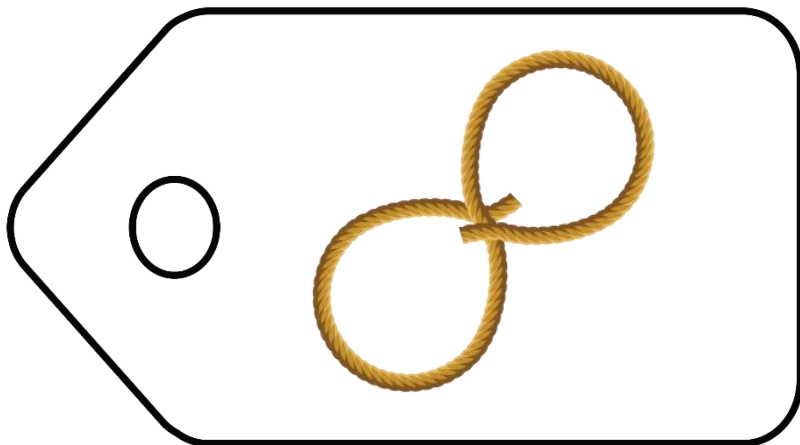
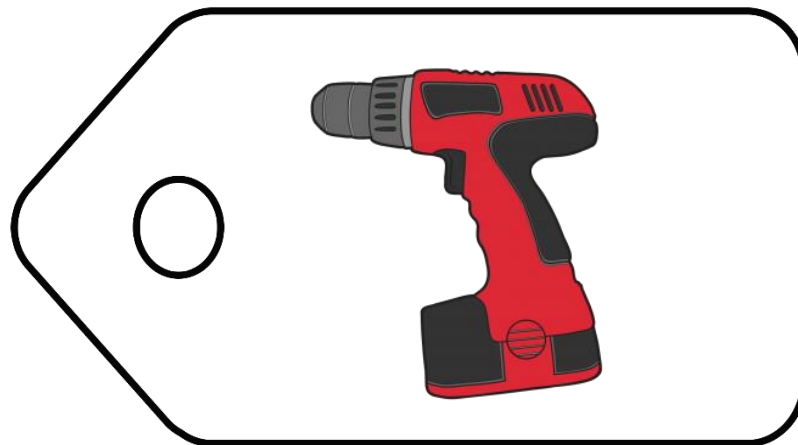
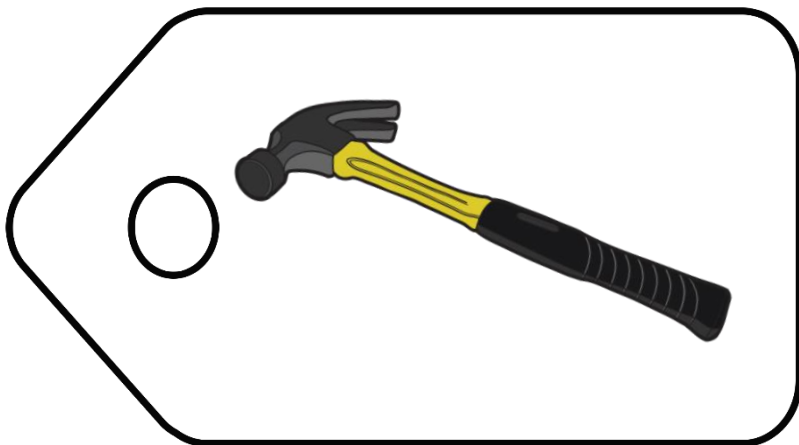


Strategy Tools:

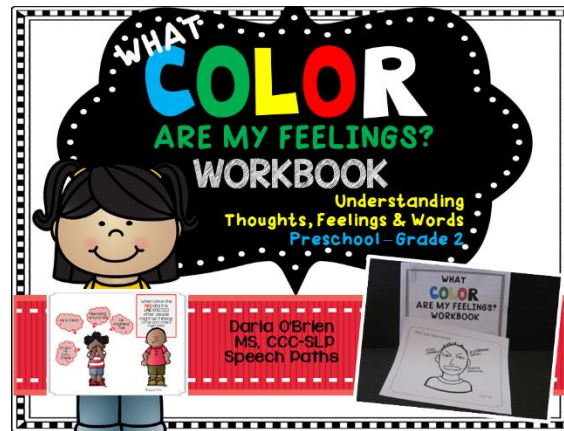
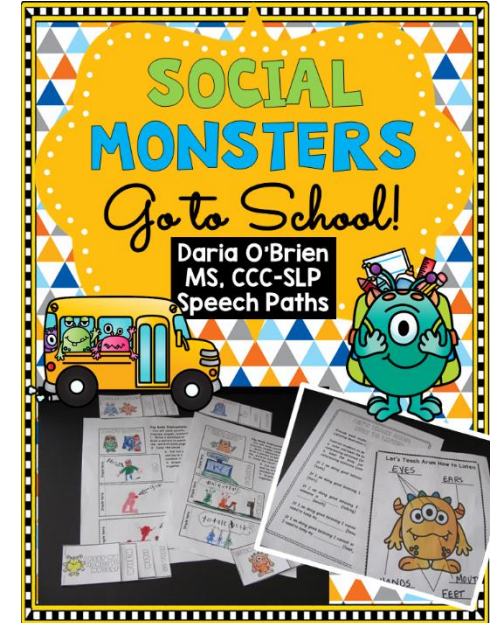
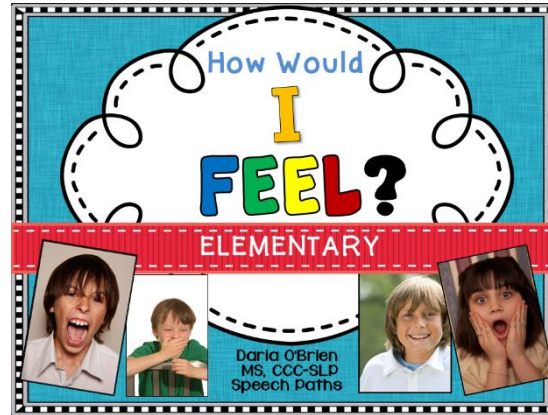
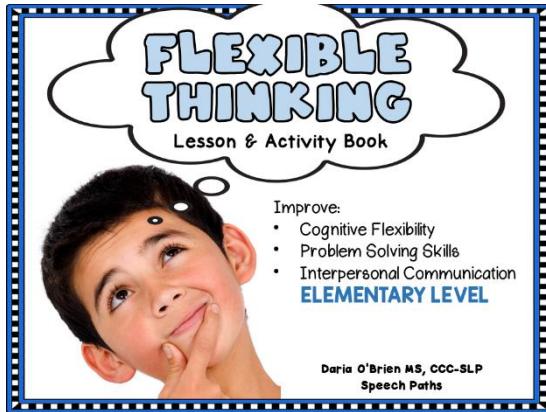
Print with back of card tool picture if desired, laminate, cut and place on ring binder for individual use



Strategy tools: print on back of strategy cards if desired



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