


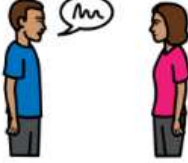




Emotion Toolbox

This is a general guide - not all strategies will be relevant for every person

<h3>Introduction to Emotion Toolbox</h3>  <ul style="list-style-type: none">• Physical Tools• Relaxation Tools• Social Tools• Thinking Tools• Sensory Tools	<h3>Physical Tools</h3>  <p>Anything that increases heart rate and releases energy. Should last for at least 10 minutes.</p> <ul style="list-style-type: none">• Physical exercise, walk, run, trampoline• Sports practice• Creative destruction (recycling)
<h3>Relaxation Tools</h3>  <p>Something to tone down the energy.</p> <ul style="list-style-type: none">• Music• Drawing• Massage• Reading• Repetitive Task• Sleep• Muscle relaxation• Deep Breathing	<h3>Social Tools</h3>  <p>Using other people to help manage ones owns feelings.</p> <ul style="list-style-type: none">• Change of Face (person)• Humour as distraction• Talk to others about feelings• Helping someone else/Being needed• Social Story for specific situations that are difficult
<h3>Thinking Tools</h3>  <ul style="list-style-type: none">• Self-Talk<ul style="list-style-type: none">“I can control my feelings”“I can stay calm”“I can use my emotion toolbox”• Counting• Put the event into perspective<ul style="list-style-type: none">“This won’t last forever”“They didn’t mean to hurt my feelings”• Name something good about self	<h3>Sensory Tools</h3>  <p>Create a Comfort Kit. For example:</p> <ul style="list-style-type: none">• Earplugs• Stress Ball• Fidget Toy• Pen & Paper to write thoughts• Smelling Salts/Oils• Water to cool hot face• Book

Strategies used should be developmentally appropriate for the person