

THE

Squawk

BOX

Look through the key rings, they have different things to spark your interest.... Each color has different things for you to discover!

1. I'm feeling.....

2. What's not working?

3. I need to vent and let it out

4. Building and Creating

5. I need to be quiet, I need some "alone" time

6. I need to get some physical energy out

7. Creative Arts: What helps me? What speaks to me?

8. Nature scenes....where can you imagine yourself being?

*“I am my own person, therefore I
choose the strategies that work
for me!”*

My Tools & Strategies Folder

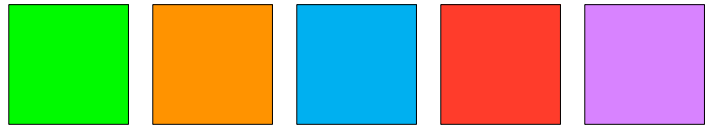
1. I'm feeling

2. What's not working?

3. How can I refocus?



4. What are some solutions that can help me?



1.

2.

3.

I'm not ready yet, who can help me?







