



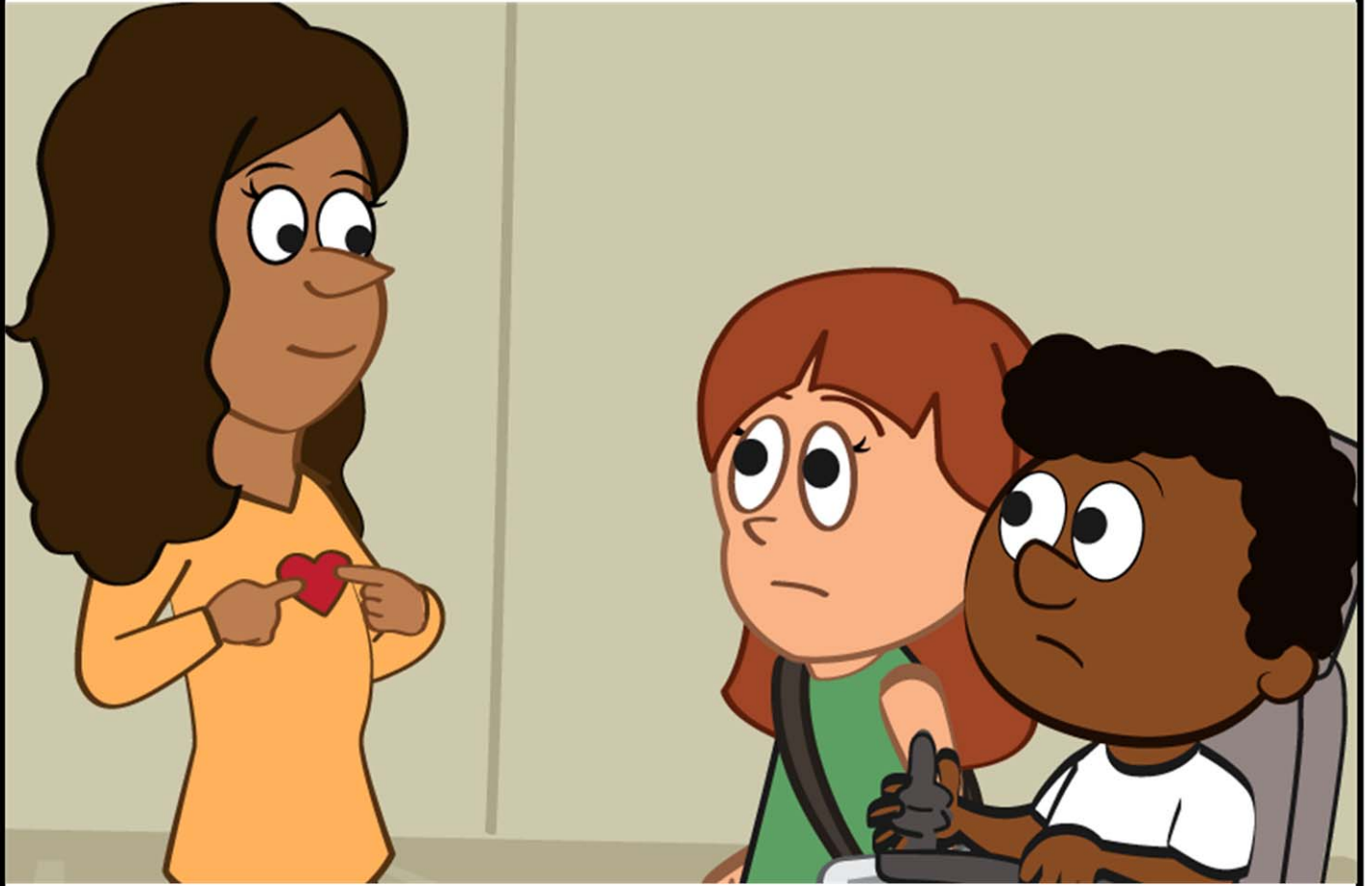
The Toolkit Inside You



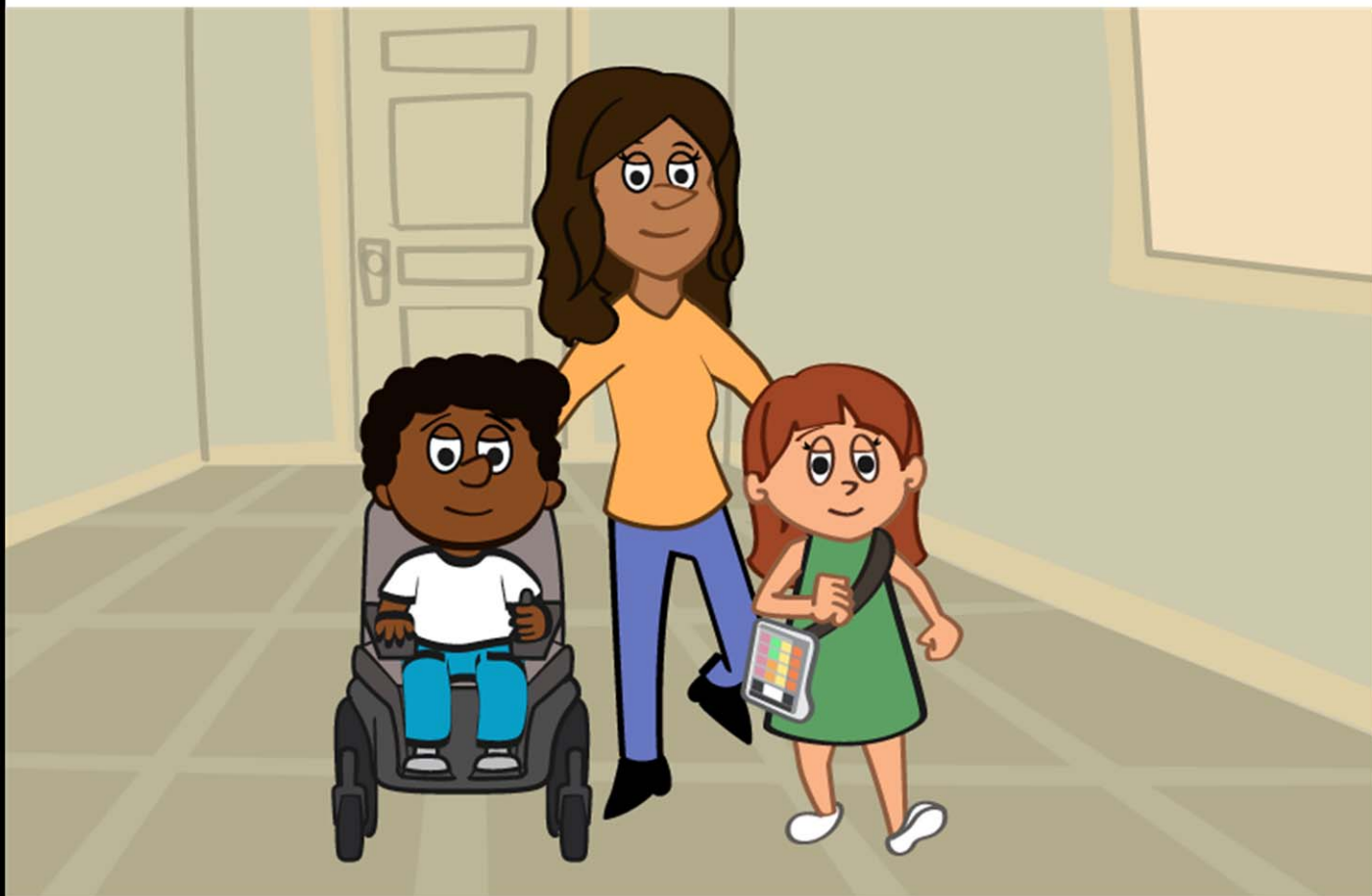
Sometimes scary things happen.



If something scary happens, do you know
what you can do?



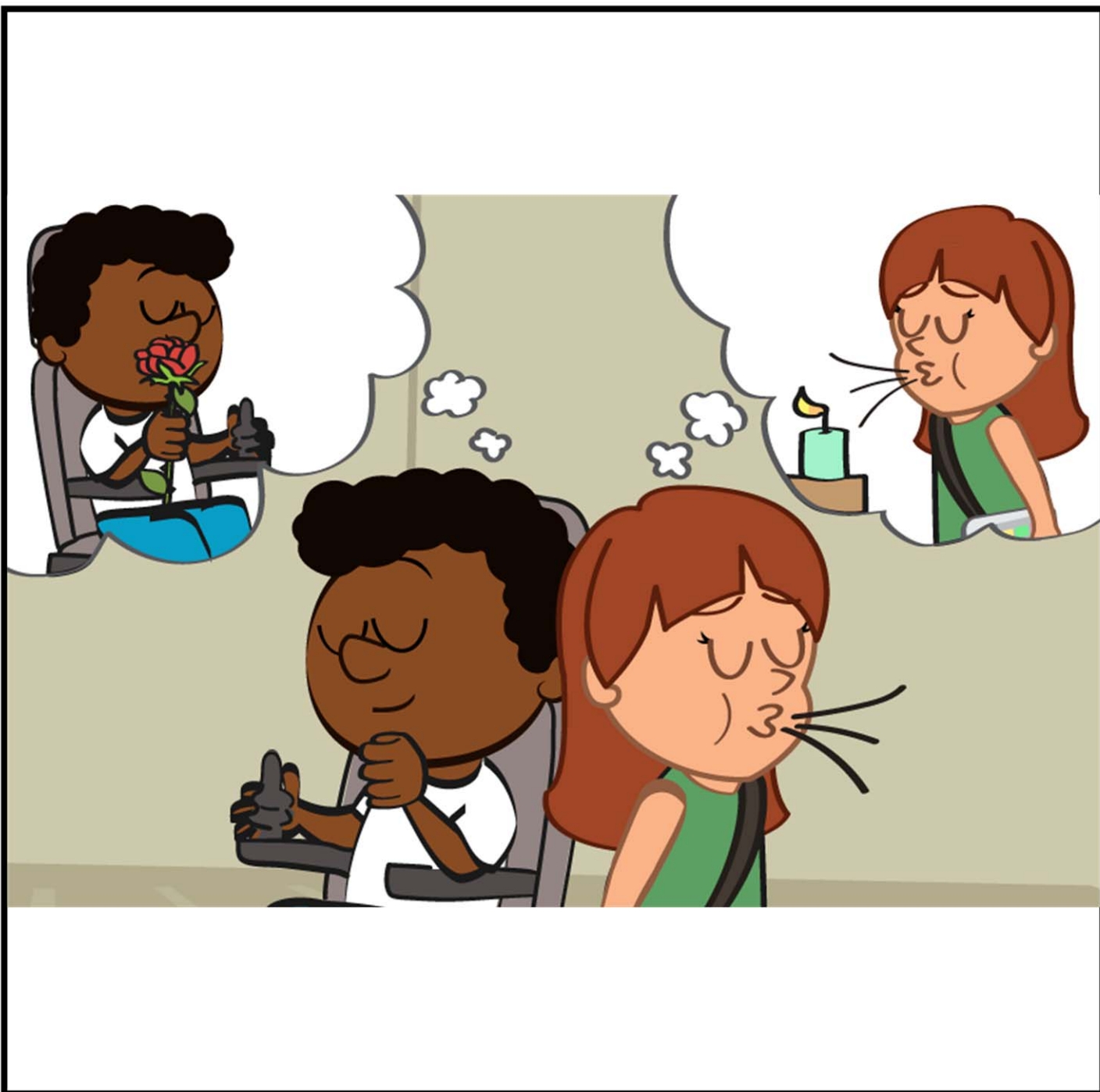
You can use the toolkit inside you!



The first tool in the toolkit is to stay calm.



You do this by taking a deep breath.



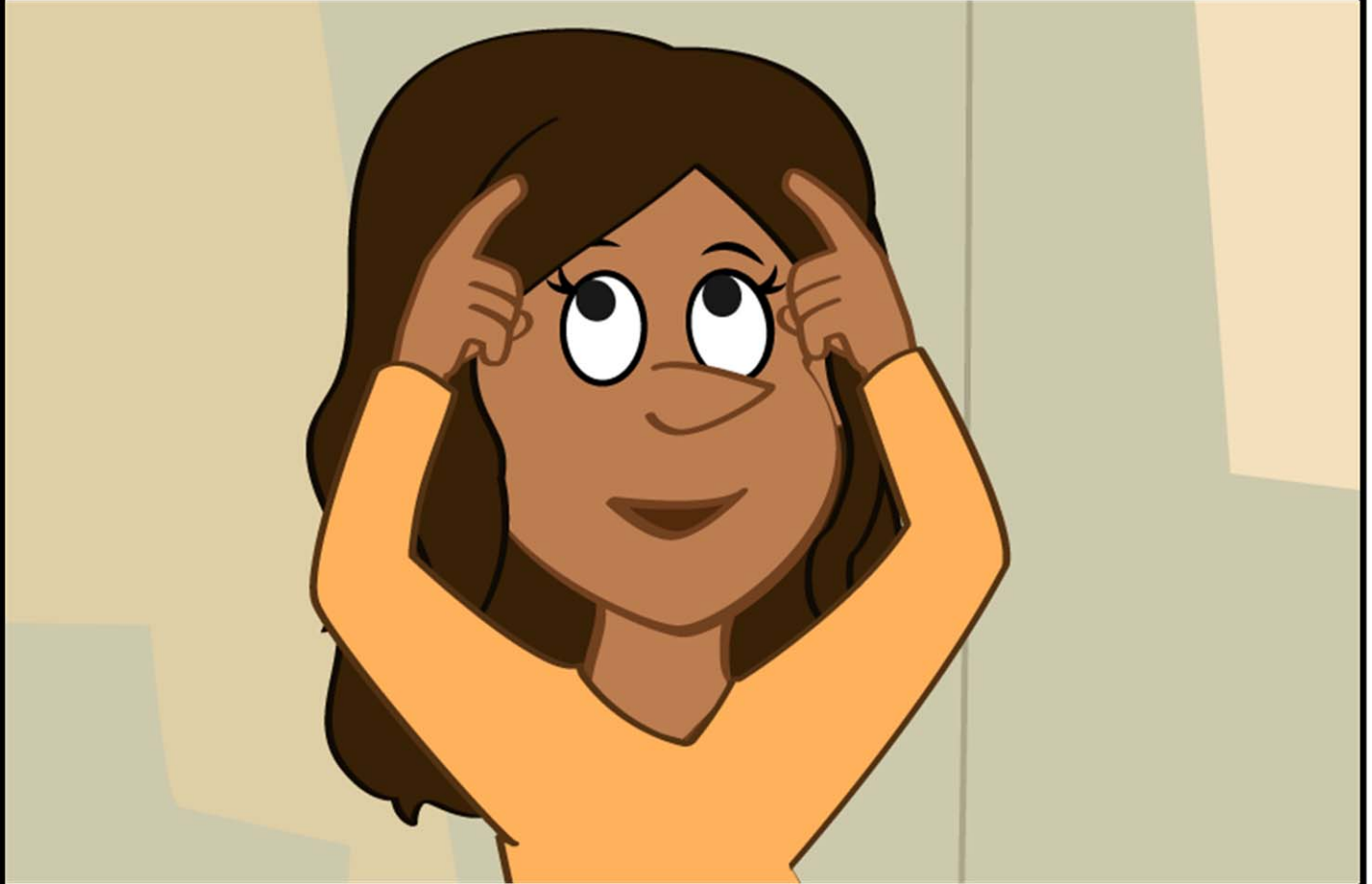
Let's practice! Pretend to smell a rose and then blow out a candle.



The second tool in your toolkit is turn on your listening ears. Click!



Let's practice! Keep your body still, mouth closed, and ears open to hear.



The third tool in your toolkit is to use the voice
inside your head.

My grown-up will
keep me safe.



Let's practice! Tell yourself, "My grown-up will
keep me safe."



So, if things get scary, you don't have to worry.