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.