











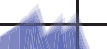


# Tracking My Tools

Jane Doe

**Tools I Can Try:**

**Did It Work?:**

Deep breaths	Yes																
	No																
Size of the problem	Yes																
	No																
Take a walk	Yes																
	No																
Talk to an adult	Yes																
	No																
Count to 10	Yes																
	No																
Wall push-ups	Yes																
	No																
Weighted blanket	Yes																
	No																
Safe spot	Yes																
	No																
Green Zone calming book	Yes																
	No																
Math in head	Yes																
	No																