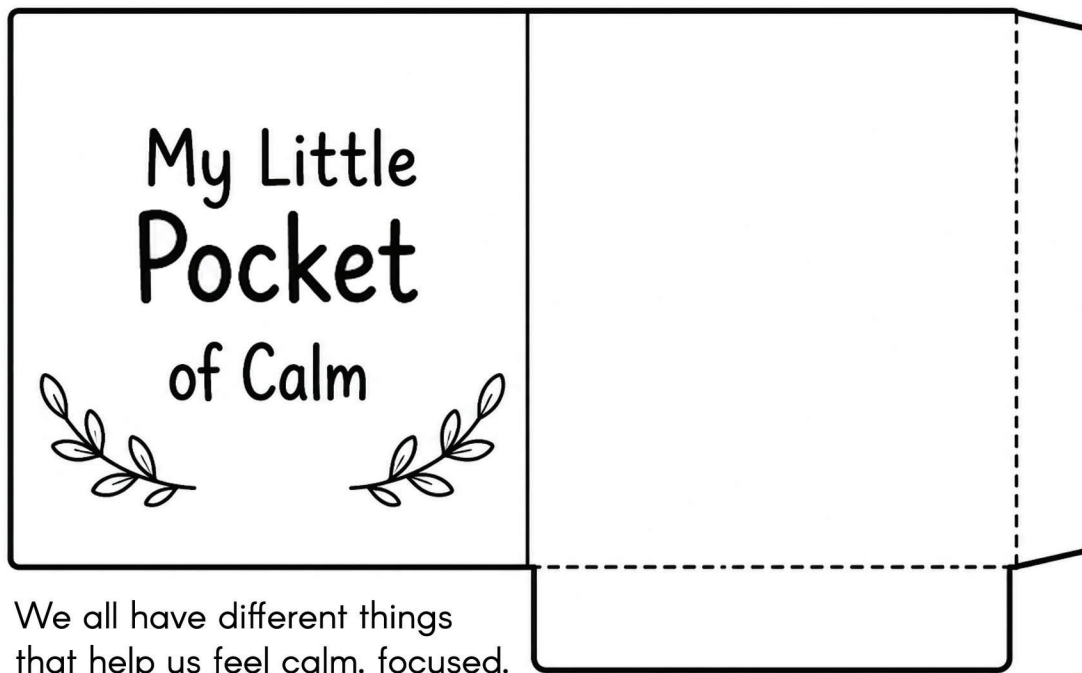




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CUT



FOLD



GLUE



BUILD YOUR
POCKET!

We all have different things that help us feel calm, focused, and ready to try again. Create your Little Pocket of Calm and fill it with tools you can carry with you wherever you go.

How to Make Your Little Pocket of Calm:

1. Cut out the entire pocket shape along the outside lines.
2. Fold the template in half along the centre line.
3. Fold the side tab inward.
4. Fold the bottom tab upward.
5. Glue the side and bottom tabs to the inside of the opposite half to create your pocket. Leave the top open.

What works for you?

On page 2, you'll find some ideas for tools you can add to your pocket. Choose the ones that work for you, then use these blank cards to write or draw some of your own.

