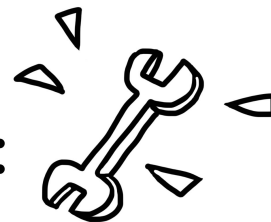


TOOLBOX QUESTIONNAIRE:



This questionnaire is about tough things that we have happened to us, in our lives, and **HOW WE GOT THROUGH THEM!**

Circle anything that has happened to you:

fight with a friend lost something you loved gotten sick

pet died family had a divorce someone else got sick

had to leave a place you loved couldn't have something you really wanted.

had a problem at school

Check here if you've had more than one of these things!

I want to write Something that's not listed. _____.

Draw what you looked like
When you went through this!

Draw what you looked like
after you started to feel ok.

TOOLBOX QUESTIONNAIRE

Now you are going to answer questions on How you got through that tough time.

1. HOW DID YOU GET THROUGH IT?

2 DID SOMEONE HELP YOU? if so, WHO? or did you figure it out by yourself?

Circle any qualities that might have helped you

- Patience Bravery Creativity Being Smart
- Sensitivity Open to trying something new
- Health Hard worker Don't give up! Good Sport

Circle if you have the ability to:

- Talk it out! Talk to a Grown up! Adapt (get used to a new way)
- Distract myself Do something I like Be flexible
- Learn or try something new Have a sense of humor

Something else _____.

(its ok to pick more than one thing!)

QUESTIONNAIRE:

Even though we have never been through a pandemic before we

HAVE BEEN THROUGH OTHER THINGS!

Fill in the top qualities that have helped you in the past:

1. _____

2. _____

3. _____

Could you use any of these qualities to help yourself **RIGHT NOW**? If so, HOW?

Use your IMAGINATION! Is there anything else about YOU that could help?

Draw yourself doing something to make yourself feel better!

A large empty rectangular box with a black border, intended for a drawing of the person doing something to make themselves feel better.

