

# Tools for Change

How can you use each of these tools to help someone else?

Write an answer or draw a picture of someone using that tool to help others.

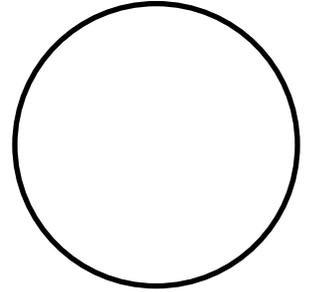


What tools could you use to help others?

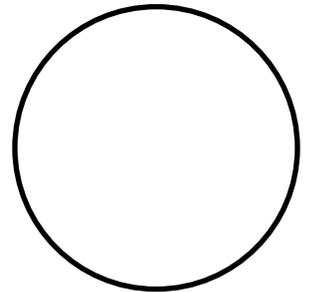
# Great Big Feelings!

Sharing fear, anger, sadness and other big emotions

Close your eyes and think about a time you were scared or angry.  
Think about the first color that comes to mind and fill this circle with it:



Close your eyes and think about a time you felt safe, kind, or brave.  
Think about the first color that comes to mind and fill this circle with it:



Use those two colors to draw a picture of you being brave or kind, even though you were feeling scared or angry.

I wonder what color our other emotions might inspire?