

Handout 3.8: Toolkit Test Sheet and Toolkit Card

Name: _____ Date: _____ Period: _____

Directions: Page 1 is the test sheet. Write your baseline number from the do now, then test six tools. After each one, rate your stress 1 (calm) to 5 (a lot) and write one word for how it felt. Honest numbers only. “It did nothing” is a true and useful answer. You may sit out any tool; write “sat out” and a one-word reason. Page 2 is your toolkit card: cut it off and keep it. The test sheet is turned in; the card is yours.

Word bank in other languages

English	Turkish	Portuguese	Spanish
to breathe	nefes almak	respirar	respirar
to walk	yürümek	caminhar	caminar
to write	yazmak	escrever	escribir
music	müzik	música	música
to talk	konuşmak	conversar	hablar
sleep	uyku	sono	sueño
food	yemek	comida	comida

Page 1: Test sheet

Baseline. My stress right now, 1 to 5: _____ My earliest body signal (from the map):

#	Tool (picture cue)	The steps	Time	Rating after (1 to 5)	One word	Change from baseline (+, 0, or the number it dropped)
1	Box breathing (lungs and a square)	In for 4, hold 4, out 4, hold 4. Four rounds.	90 sec			
2	Two- minute walk (footprints)	The loop. No phone. No talking.	2 min			

3	Brain dump (a pencil and a pile)	Write everything in your head onto scrap paper. No order. No sentences. Fold it. Keep it or shred it.	2 min			
4	Music or movement break (a note)	The track plays. Stand, stretch, move, or sit and listen.	90 sec			
5	Talk to someone (two faces)	Partners. One talks for 45 seconds about anything. The other only listens, no advice. Switch.	2 min			
6	Sleep and food basics (a bed and a plate)	Not a live test. Answer: Did I sleep in my window last night? Y / N. Did I eat something real today? Y / N. Rate how you think you would feel	2 min			



		if both were yes.				
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Grade 6: tools 1, 2, 3, and 4.

Compare. The tool that dropped my number the most: ____ (this is my number one)

My top three, ranked: 1. _____ 2. _____ 3. _____

Did your number one surprise you? Y / N Why:

Two tools from earlier lessons you may add to the card: the self-talk swap (Lesson 3.5) and the sleep window (Lesson 2.6).

Exit line (turned in with this sheet):

3 tools I tested, with their after ratings:

2 I am keeping: _____

1 sentence on why my number one is number one:

Grade 8 stretch (Part 3): pick one tool and write its steps as a three-line card a younger student could follow. Then one sentence: which tool would work in a job (think of the crisis day in the Investor Challenge)?







Page 2: My Toolkit Card (cut on the line; keep it)

MY STRESS TOOLKIT	Name (first only): _____
Tool 1 (my best):	Use it when:
Tool 2:	Use it when:
Tool 3:	Use it when:
If Tool 1 does not work, I will:	(try Tool 2 / bring it to _____, a role)
My earliest body signal (the early warning):	
People I can bring the big kind to:	counselor, nurse, any teacher, an adult at home

Situation ideas: before a test; after a fight; Sunday night; on the bus; when the group chat is going; when I cannot sleep.

Grade 6: two tools.

Back of the card (optional): the before and after numbers the next time you use Tool 1.
Before: ____ After: ____