Try one.
Notice.
Choose again.

Tools do not have to make a feeling disappear. A little more comfortable counts.

Draw or write.
You can skip any question.

Before I try:

comfortable ☐ in between ☐ uncomfortable ☐

The tool I tried:

After I try:

comfortable ☐ in between ☐ uncomfortable ☐

Next time I might:

If it did not help, you did not fail.
Try another tool or ask a safe grown-up.

Progress is Progress LLC

Mile or a Millimeter
You're not alone.

988 Suicide & Crisis Lifeline
Call or text 988.

My comfort plan

A tool I can try at school:
_____

A tool I can try at home:
_____

Someone who can help:
_____

Color your toolbox.



PROGRESS IS PROGRESS
07 / KIDS / AGES 8–12

Your Coping Toolbox



You already have tools.
Let's find what helps you.

Mile or a Millimeter

01 / Try a small reset.

Pick one to try with a safe grown-up nearby if you want.

- ☐ Breathe gently in and out. No holding needed.
- ☐ Gently press your hands together.
- ☐ Move in a way that works for you.
- ☐ Notice three things around you.

Keep your eyes open if you like. Stop if a tool feels uncomfortable.

My feeling right now:

_____

_____

One tool I want to try:

_____

_____

Draw a place where you feel comfortable:

02 / Build your toolbox.

Circle three things you might try.



Draw



Music



Move



Make something



Safe time outside



Talk to someone

Something that already helps me:

_____

_____

A tool for school:

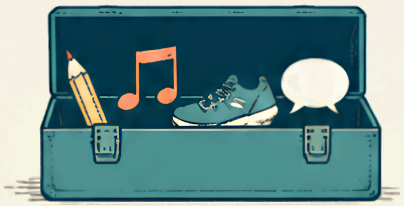
_____

_____

A tool for home:

_____

You can like different tools on different days.



03 / My help plan.

You do not have to handle every big feeling by yourself.

"Can you stay with me? I need some help."

A safe grown-up I can talk to:

_____

_____

Where I can find them:

_____

_____

If they are not available, I can ask:

_____

_____

One small thing we can try together:

_____

_____

If you feel unsafe, tell a safe adult right away. Keep talking until someone helps.

