

TomTag I Can Do It Manage My Feelings Kit Contents –

- 6 Button Holders (colours may vary)
- 40 blank buttons to give you the flexibility to create multiple routines
- 1 attachment loop to fasten your TomTag to a hook, door handle or bag
- Feelings and Emotions Sticker Pack, which contains 2 copies of the following 72 sticker images –
 - **I feel** - I feel, embarrassed, worried, calm, scared, tired, cross, happy, sad, upset, hungry, thirsty, excited, uncomfortable, good feeling, bad feeling
 - **It hurts** - Feel unwell, tummy ache, toothache, earache, headache, sore nose, sore throat, vomit, sick, pain in eye
 - **I think** - Too bright, too crowded, too hot, too cold, too smelly, too loud, too difficult, too itchy, don't understand, don't know, understand, why, when, yes, no, sorry
 - **I need** - I need, yoga, exercise, move, stretch, squeeze fingers, blow, deep breathe, play alone, get a hug, hug myself, chew, suck, leave me alone, listen to music, headphones, write it down, sensory time, count to 10, read, think nice thoughts, quiet place, weighted blanket, swing, relax, teddy, computer/tablet, fidget toy, favourite thing
- 12 Blank round stickers for personalisation
- 8 Blank rectangular stickers to label your TomTag Button Holders

Dimensions - TomTag Button Holder measures approximately 18cm x 3cm. Each button measures approximately 2cm in diameter

Please note – This TomTag Kit is not a toy. Recommended for children aged over three years olds as small parts may represent a choking risk