



PAX Tools

Strategies to improve cooperation, and emotional and behavioural self-regulation with children/youth.

WHAT IS PAX TOOLS?

PAX Tools is a collection of evidence-based, trauma-informed strategies to improve cooperation and self-regulation with children/youth. PAX Tools draws on decades of science to create strategies that support parents, youth workers and caring adults to create a nurturing environment that ultimately helps kids thrive!

WHO IS PAX TOOLS FOR?

PAX Tools is for caring adults who interact with children/youth. If you are a parent, caregiver, professional or volunteer, PAX Tools is for you! At the training, you will receive all the materials you need to make PAX Tools work.

WHAT ARE PEOPLE SAYING ABOUT PAX TOOLS?

"This is such an uplifting way of helping children become wonderful adults."

"Practical solutions, clear explanations."

"This is the best training I have ever attended. I feel like all the tools are simple and affordable."

"I am excited to use what I learned today."

PAX = Peace • Productivity • Health • Happiness

Minimize Toxic Influences

Low Emotional Responses allow adults to provide immediate, neutral, non-verbal feedback to young people without embarrassing them or interrupting the activity.

PAX Amends allows adults and young people to use restorative consequences when natural and logical consequences are not available.

PAX Breaks are used to stop growing tension, teach children and adults to recognize when they are getting upset, and provide space to calm down.

Reduce Problematic Behaviours

Random Sticks help in situations where young people might feel that the adults are playing favourites or being 'unfair.'

Beat the Timer helps young people block out distractions and stay on task to finish.

PAX creates nurturing environments that help kids thrive

Kudos Notes are written notes of appreciation that identify and increase behaviour we want more of.

PAX Focus improves communication and psychological safety between young people and adults.

Increase Prosocial Behaviours

Mystery Motivators increase motivation for completing tasks and carrying out positive behaviours.

Shared Vision helps young people and adults to be on the same page.

Increase Psychological Safety & Flexibility

PAX HELPS KIDS THRIVE!

Find out more

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PAXisCanada.org paxtools.org



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