



## 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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