

Hard Days Safety Plan

My plan for hard days. When I need to take a break...



2 ways to tell:

1

2



3 places to go:

1

2

3

4 things to do:

1

2

3

4

For Teachers and Caregivers:

We all have hard days when we need extra help and support. This worksheet is great for schoolaged children. They can fill it out on their own or with an adult. For younger children, please refer to the "My Self-Care Worksheet" to help them think of ideas. You can use the same worksheet if schoolaged children also need ideas.



