

# Hard Days Safety Plan

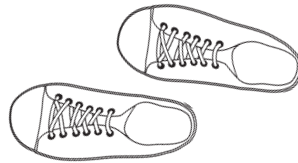
**My plan for hard days.** When I need to take a break...



**2 ways to tell:**

1

2



**3 places to go:**

1

2

3



**4 things to do:**

1

2

3

4

My name

My grown-up

**For Teachers and Caregivers:**

We all have hard days when we need extra help and support. This worksheet is great for school-aged 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 school-aged children also need ideas.

