

Emotional Safety Plan Preparation



Having this plan rehearsed or done together ahead of time can help model and teach the way you will want them how to handle a stressful emotion.

Allow your child(ren) to take time to write/draw responses to the following:

1: When I feel angry, frustrated or anxious, I will say: (put limits on what types of words/drawings are acceptable or appropriate for your family/group unit)

2: Then I will go... (describe a place to go to cool down) be specific.

3: When I go to the place to cool down I can/will (take # deep breaths), then think, plan, cry (it's ok).

4: I will return to the activity or my family when...and tell/communicate I am ready by...