

My Safe Sheet

This worksheet is made just for me by me! When I feel overwhelmed by my feelings, I can look at this sheet and find ways to calm me down. I know I am never facing my emotions alone.

1. What are four activities that make me feel happy and calm me down?

a. _____

b. _____

c. _____

d. _____

2. What are three emotions/feelings that might make me feel overwhelmed?

a. _____

b. _____

c. _____

3. Who are two safe people I can talk to about how I am feeling?

a. _____

b. _____

4. What is one positive thing I can say to myself to remind me of how special I am?

a. _____

