

My Feelings & My Safe Place

1. Circle How You Feel Today

Look at each face. Circle the one that matches how you feel right now.

Happy :)	Sad :(Angry >:(Scared D:
Calm ~	Confused ?	Tired zz	Frustrated !!

2. Where Do You Feel It in Your Body?

Write or draw where you notice the feeling:

In my head / thoughts: _____

In my chest / heart: _____

In my stomach: _____

In my hands or feet: _____

3. My Safe Place

A safe place is somewhere you feel calm. It can be real or imaginary.

My safe place is: _____

It looks like: _____

It sounds like: _____

It feels like: _____

One person I feel safe with: _____

4. My Calm-Down Toolbox

Check everything that helps you calm down when feelings get big:

Take slow, deep breaths Draw or color something

Squeeze a pillow or stuffed animal Go outside and walk

Count to 10 slowly Listen to music

Talk to a trusted adult Drink a cold glass of water

My idea: _____ My idea: _____

5. One Good Thing About Today

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Even on hard days, something small can be okay. What is one good thing?

Great job filling this out. Recovery is hard — and you are doing it.