

What Can I Do?



This is what I can do when I feel sad
or scared in my home

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This is who I can call if I feel sad or scared

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These are the places close by that I can go to if I feel sad or scared

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This is where I could go if I feel sad or scared in my home
(my safe space)

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What Can I Do?

Safety plan for children – things they can do, give examples, listening to music, reading a book etc.

Age-appropriate questions (may not have access to a phone for example) amend questions to suit.

Places close by – only if applicable and safe.

If they don't have a safe space, refer to 'Where I Feel Safe' activity.