





Kids Safety Plan

Who can I call? _____ What is their number: _____

Which zone am I?

<p>Red</p>  <p>Angry, Scared Out of control.</p>	<p>Blue</p>  <p>Sad, Sick, Tired, Bored.</p>	<p>Yellow</p>  <p>Confused, Silly Worried, Excited.</p>	<p>Green</p>  <p>Happy, Calm Proud, Ready.</p>
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It's my job to:

My body tells me I'm unsafe when:

1. _____
2. _____
3. _____

I can trust these people:

1. _____
2. _____
3. _____

I can go to these places: 

1. _____
2. _____
3. _____

Things that make me feel safe: 

I feel happy when...

