



The Dougy Center

## My Safety Plan For Hard Days

*When I need to take a break at school...*

Ways I can tell my teacher:

*Examples: talk to them at their desk, use something as a signal (pencil, stone, eraser), create a "SOS pass" out of an index card*

Places I can go:

People I can talk to:

How I can check in with my family:

Three things that help me feel better:

1)

2)

3)

Signed:

(Me)

Signed:

(My teacher)