My Food Allergy Feelings Map

I have a food allergy. I am more than my allergy.

Name: _____ **Date:** _____

1 How I feel about my allergy

Tick all that fit. Two feelings can be true at once

- [ ] Worried
- [ ] Left out
- [ ] Brave
- [ ] Mad
- [ ] Sad
- [ ] Different
- [ ] Proud
- [ ] Safe

2 Tricky times

Tick the ones I want to plan for

- [ ] Lunch at school
- [ ] Class parties
- [ ] Birthday cake
- [ ] Eating out
- [ ] Sleepovers
- [ ] Field trips
- [ ] New foods
- [ ] Being teased

3 My allergy words

Write or tell a grown up who can write it for me

My allergy is to: _____

A question for my allergist: _____

Something that worries me: _____

What I want friends to know: _____

4 More than my allergy

Draw me doing something I love or I am good at

This is me:

Original layout by Lotus & Tulip. Not medical advice. Always follow your written emergency plan. All feelings are okay.

My Food Allergy Brave Plan

What helps me, what I say, and who I tell.

Name: _____ **Date:** _____

1 Things that help me

Pick 2 or 3 and share them with my grown up

- ☐ Asking first
- ☐ My safe treat box
- ☐ Calm breathing
- ☐ A friend who knows
- ☐ A plan for parties
- ☐ Kids like me
- ☐ Saying how I feel
- ☐ Doing what I love

2 My brave words

Practice them out loud with my grown up

When someone offers food I say: _____

If I feel funny I say: _____

If someone teases me I tell: _____

Grown ups who know my plan: _____

3 My weekly check in

Color a box each week

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
I asked before eating	☐	☐	☐	☐	☐	☐	☐
I used my brave words	☐	☐	☐	☐	☐	☐	☐
I said how I feel	☐	☐	☐	☐	☐	☐	☐

4 For the adult helper

Feelings support, not medical or food advice

Always follow the allergist's written emergency plan. This page has no food or medical advice. Say it is not their fault.

Practice brave words, plan parties ahead and ask often about teasing. Tell the school about any food threats.

Watch for fear that stops eating safe foods, school or friends. Ask the pediatrician or allergist about counseling.

Crisis: call or text 988. Danger: 911.

Adult notes: what my child said, questions for the allergist, what to share with the school

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