My Calm and Safe Plan

My body has an alarm. After a scary thing, it can go off even when I am safe.

Name: _____ **Date:** _____

1 My body alarm right now

It is not my fault. I can help it calm down

0 means calm and safe. 10 means my alarm is very loud.

My alarm (0 to 10): (0) (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

2 Where I feel my alarm

Tick or circle. Drawing counts too

- ☐ Fast heart
- ☐ Tight tummy
- ☐ Shaky hands
- ☐ Hot face
- ☐ Fast breathing
- ☐ Want to run
- ☐ Want to hide
- ☐ Freeze or go blank

3 My calm tools

Practice when calm. Star the ones that help

- ☐ Slow belly breaths
- ☐ Squeeze a pillow
- ☐ Drink of water
- ☐ Count 5 things I see
- ☐ Hug or hold hands
- ☐ Wrap in a blanket
- ☐ Push a wall hard
- ☐ Hum a song
- ☐ Pet or soft toy
- ☐ Feet on the floor
- ☐ Cool cloth on face
- ☐ Go to my safe person

4 My safe place

A real or pretend place where I feel calm

Draw it here:

I see, hear, smell:

5 My safe people

I do not have to handle big feelings alone

At home: _____

At school: _____

Another grown up I trust: _____

How I ask for help: _____

If someone hurts me or I feel unsafe, I tell a safe grown up. Telling is brave.

Original layout by Lotus & Tulip. A safety and coping tool. It supports, and does not replace, a trained clinician.

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When Something Reminds Me

Reminders can wake up my alarm. I can make a plan for them.

Name: _____ **Date:** _____

1 Kinds of things that remind me

Tick the kind only. I do not have to say what happened

- [ ] Loud noises
- [ ] A smell
- [ ] A place
- [ ] A person
- [ ] A time of day
- [ ] Something I see
- [ ] Being alone
- [ ] Bedtime or dark

Something else: _____

2 My reminder plan

When my alarm goes off

I tell myself: I am safe now. That was then, this is now.

My body does: _____

What helps me feel safe again: _____

Who I go to: _____

My alarm before / after: _____

3 My bedtime plan

The same steps every night help my body feel safe

My bedtime steps: _____

My comfort thing: _____

After a bad dream, I: _____

4 Strong and brave me

Things I can do and look forward to

Something brave I did: _____

Something I am good at: _____

I look forward to: _____

5 For the grown up helper

Safe, calm, connected and hopeful

Use these pages for safety, calm and connection, a few minutes at a time. The child can skip anything.

Do not ask for details of what happened. If the child tells you, listen calmly, believe them and thank them.

Practice calm tools when the child is calm. Keep routines predictable and offer choices.

If reactions last more than about a month, get worse or stop school, sleep or play, contact a child trauma therapist.

These pages support, and do not replace, a trained clinician.

US: emergency 911. Crisis: call or text 988. Abuse or neglect concerns: Childhelp 1-800-422-4453.

Grown up notes: what helped, what to share with the child's therapist or pediatrician

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Get it on Etsy

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