



# My Safe People



People I Can Talk To When My Feelings Feel Too Big

A safe person is someone who listens, cares, helps me feel calm, and helps me feel safe.

## My Safe People List

1. Name: \_\_\_\_\_  
 How they help me: \_\_\_\_\_

2. Name: \_\_\_\_\_  
 How they help me: \_\_\_\_\_

3. Name: \_\_\_\_\_  
 How they help me: \_\_\_\_\_

4. Name: \_\_\_\_\_  
 How they help me: \_\_\_\_\_

5. Name: \_\_\_\_\_  
 How they help me: \_\_\_\_\_



When my feelings feel big, I can...

- Talk to a safe person
- Take deep breaths
- Hug a stuffed animal
- Draw a picture
- Sit in a quiet place
- Ask for a hug

I do not have to carry big feelings all by myself. I am loved, I am safe, and I can ask for help.

