

## **My Emotional Safety Plan**

I know that my children learn to manage emotions from my modeling when I am angry and anxious. I know my child will act in the same way I act when they are stressed. Having a plan ready and rehearsed will help me model how I want to teach them the handle their emotions.

When I am angry or have high anxiety, I will say... (keep it short!)

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Then, I will go... (describe specific place) to cool down.

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When I get to my cool down spot, I will... (take how many deep breathes? Then, write? draw? think? cry? plan?)

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I will return to my family when...

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I will prepare my family for this (as I would let them know about any new routine) by telling them when we are...(when? where?)

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