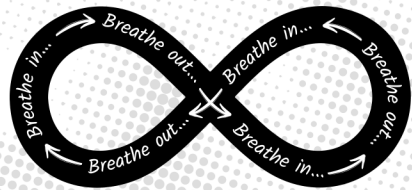


# MY WAYS TO CALM MYSELF



Open for more activity ideas

# MY SPACES AND ACTIVITIES...



# MY CONNECTIONS

Adults who can listen to and support me.  
Add names and phone numbers!



# ...THAT HELP ME FEEL SAFE

Include when you are not in school



Good conversation starters:

- I'm feeling scared. Can I call you?
- Can you check in with me today?

# MY SIGNALS

Ways I can tell I am not feeling safe or supported.

Body:

Feelings:

Thoughts:

Actions:

When these happen, it's time to use my chill out plan.

# MY HELPERS



The 988 Lifeline: Call or text 9-8-8 24/7

Philadelphia Crisis Line

Call or text 215-685-6440 24/7

Uplift's Philly HopeLine

Call 833-PHL-HOPE (833-745-4673)  
or email [PHLHope@UpliftPhilly.org](mailto:PHLHope@UpliftPhilly.org)



# AFFIRMATIONS

- ★ *I belong and I am loved for exactly who I am.*
- ★ *I am worthy and so are my feelings.*
- ★ *Asking for help doesn't mean I'm incapable.*
- ★ *I am unique and I bring things to the world that nobody else does.*
- ★ *I am enough!*

Read aloud & repeat often



# KIND THOUGHTS TO SAY TO MYSELF



List things you like about yourself

Fold on the dotted lines

# UPLIFTING SONGS

▶ *Rise Up: Andra Day*



▶ *Rise: Katy Perry*

▶ *Rise: Calum Scott*

▶ *Lift Me Up: Rihanna*

Add your own favorites!



# MY BIGGEST REASONS FOR LIVING

The difference I've made:

Why I matter:



# KEEP SAFE!

Keep things that could hurt you or other people out of reach.

Use the numbers on the back if you are in crisis.