

Appendix A  
COPING PLAN

Develop a plan for feeling better if you become upset again:

1. List the things that helped you to feel better today:

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2. Which of those things you could try again?

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3. Can you return to the "safe room/area" if needed? \_\_\_\_\_

4. List people you can talk to later if you become upset again:

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5. Try to do some things that will help you to feel calm such as:

- Take a few deep breaths
- Count to ten
- Tell yourself that things will be OK
- Talk to someone
- Find something that makes you feel safe or happy (e.g. stuffed animal, favorite music)
- Try to think about a time in the past when you were feeling good (e.g. holiday, special event)

6. List things that have helped you get through other difficult times (e.g. other times when you were scared or angry). What did you do during those times that helped you feel better? \_\_\_\_\_

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7. Can you use any of those things again if you become upset? List the ones that might help you now or in the near future.

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Appendix B

**SAFETY PLAN**

1. If I need to, I can reach mom/dad or guardian during the day by doing this:

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2. If I can't reach my mom/dad or guardian, I will try to reach \_\_\_\_\_

at \_\_\_\_\_

I could also try:

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3. If I am having trouble at school or feel scared I can go to (list at least two people):

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4. If I have trouble going home the usual way I will try this instead:

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5. Remember: Stay calm. My mom/dad and I have a good plan to follow if needed and the following people will help me if I ask.

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