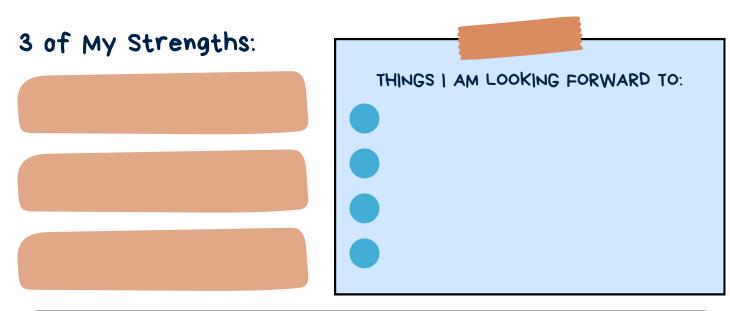


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WELLNESS PLAN



My Plan to Stay Safe	
WHEN THIS HAPPENS	I CAN COPE BY
1	1
2	2
3	3
SAFE PEOPLE:	SAFE PLACES:
1	1
2	2
3	3

Safety & Support Resources:

988 National Suicide Prevention Lifeline: Call or Text 988 1-800-273-8255 (suicidepreventionlifeline.org)

Crisis Text Line: Text "Home" to 741741 (crisistextline.org)

National Domestic Violence Hotline: 1-800-799-7233 (thehotline.org)



HOW TO FIND YOUR OWN RESOURCES

SOME GREAT PLACES TO START

• • •

Here are some helpful places you can go or visit online if you need support, ideas, or someone to talk to:

- Joe Torre Safe At Home: safeathome.org/resources
 - Find support if you've been hurt, feel unsafe, or just want to learn how to help a friend.
- Child Help National Helpline: 1–800–4–A–CHILD
 - If you're feeling unsafe or need someone to talk to, this is a great place to call.
- KidsHealth.org
 - → Learn about your body, your feelings, and how to stay healthy.



- Teen Line Text "TEEN" to 839863 or call 800–852–8336 (6–10pm PST)
 - → You can talk with another teen who understands.
- Your local library –
 Use libraryfinder.org to find one near you!
 - → Libraries often have books, games, free activities, and people who can help.

THINGS TO NOTE:



Different resources are right for different ages...

If you're in elementary school:

 Look for help from adults you know in person like a parent, teacher, school counselor, or librarian.

If you're in middle school:

 You might be ready to try safe websites made for teens or start talking more to trusted adults outside your home or school.

If you're in high school:

 You can explore more online tools, youth programs, and community centers. Make sure websites are made for teens or older ask a trusted adult if you're unsure!

IMPORTANT!							
You are the best person to k will help you learn how to spo how to	know what you need. This page of a good helper or resource and find them!						
WHAT MAKES A GOOD RESOURCE?							
Look for people, places, or websites that are:	THINK IT THROUGH •••						
 safe Kind Easy to talk to Respect your privacy Help you feel better or learn something new Really know what they're talking about 	check off what you might want help with: Feeling sad or stressed Feeling unsafe at home or school Finding fun activities Learning new things Talking to someone about something hard						
	☐ Other:						
WHO OR WHERE CAN HELP	?						
WHOLLINGED	o/Where How Do I Reach Them? an help: (phone/text/in person):						

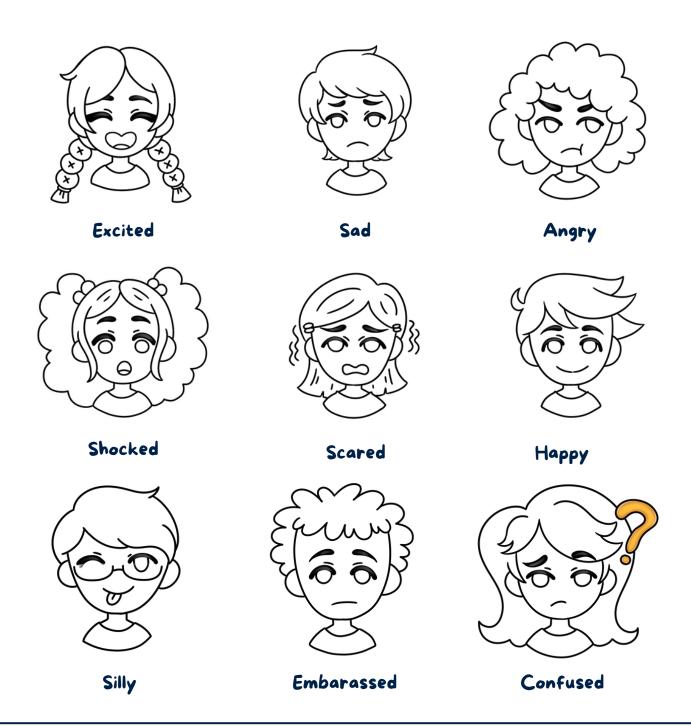
IMPORTANT TO REMEMBER!

If something ever makes you feel uncomfortable or unsure, stop and ask someone you trust to check it with you.



HOW ARE YOU FEELING TODAY?

Coloring can help you feel calm and relaxed. Want to try it out? Pick colors for each feeling face and see how you feel!



MAKE IT OFFICIAL

Use the prompts below to dream up your very own holiday that celebrates something fun, meaningful, or totally silly. There are no rules!



PICK A NAME FOR YOUR HOLIDAY

For example: Kindness Day, Day of Purple, New School Years Eve

WHEN DOES THIS HOLIDAY TAKE PLACE? ONCE A YEAR? ON A SPECIFIC DATE?

For example: The second Tuesday of May or January 16th

WHAT DOES YOUR HOLIDAY CELEBRATE?

For example: A person, an identity, an animal, a social cause, etc

HOW OR WHY DID THIS HOLIDAY START?

Think about why celebrating a holiday like this might be important or valuable to your community...



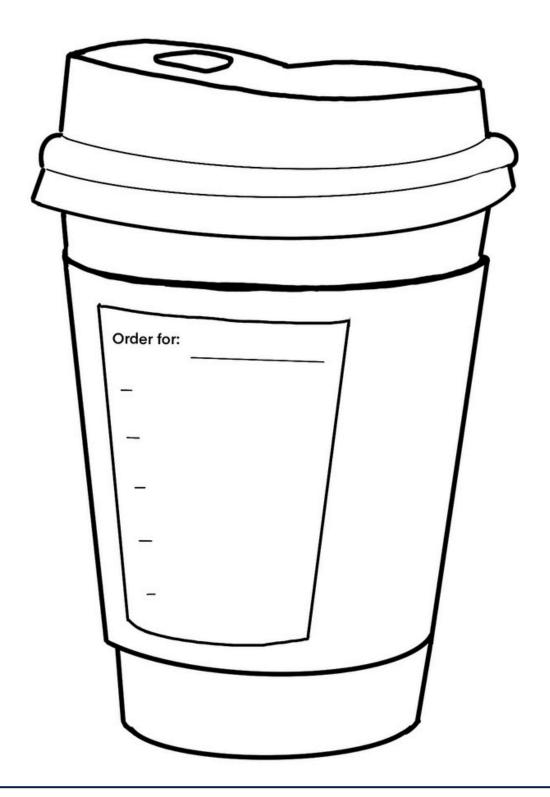
RAW BELOW! or example: Leaves, gr	ey, swirls, yellow, etc.	
OW DO PEOPLE C	ELEBRATE THIS HOLIDAY?	
or example: Dinner wit	h family, movie marathon, journaling, etc	

Share your holiday ideas with friends. Who knows, maybe you'll start a new tradition together!



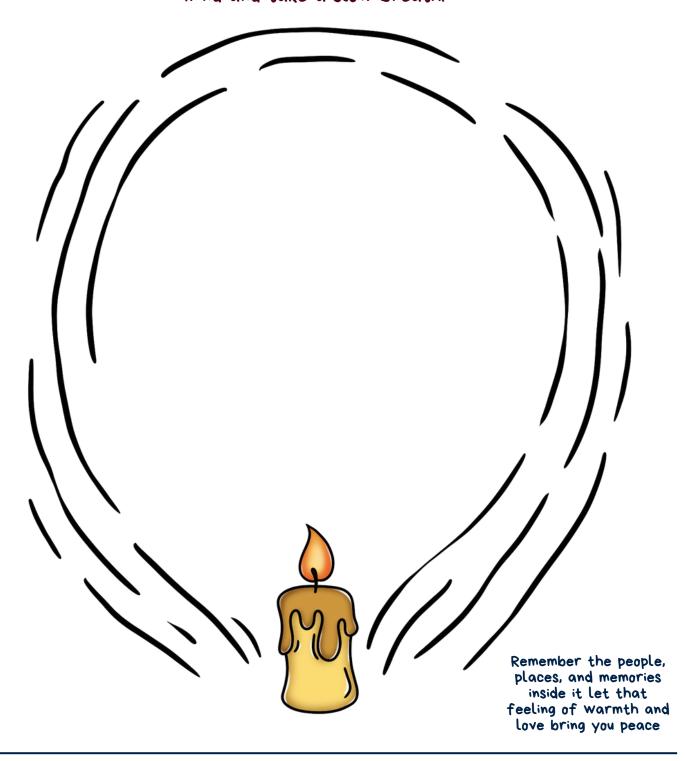
CUP OF PEACE

It's important to make space for things that make you feel good. Write your "order" below, the things that bring you happiness and peace.



MY WINTER GLOW

Inside the light, write or draw people, places, or memories that make you feel peaceful or happy. Anytime you feel nervous, scared, or upset, you can can also close your eyes and picture your glow in your mind and take a slow breath.

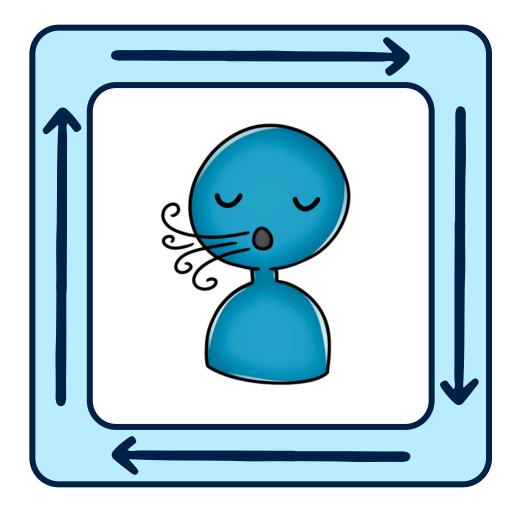


BOX BREATHING

Box breathing is a coping-down skill that helps you relax and focus. You breathe in for 4 counts, hold for 4, breathe out for 4, and hold again for 4 - just like the sides of a box. You can try using it anytime you feel nervous, upset, or need a quick reset.

Hold your breath for four seconds

Breathe in through your nose for four seconds



Breathe out slowly through your mouth for four seconds

Hold your breath for four seconds

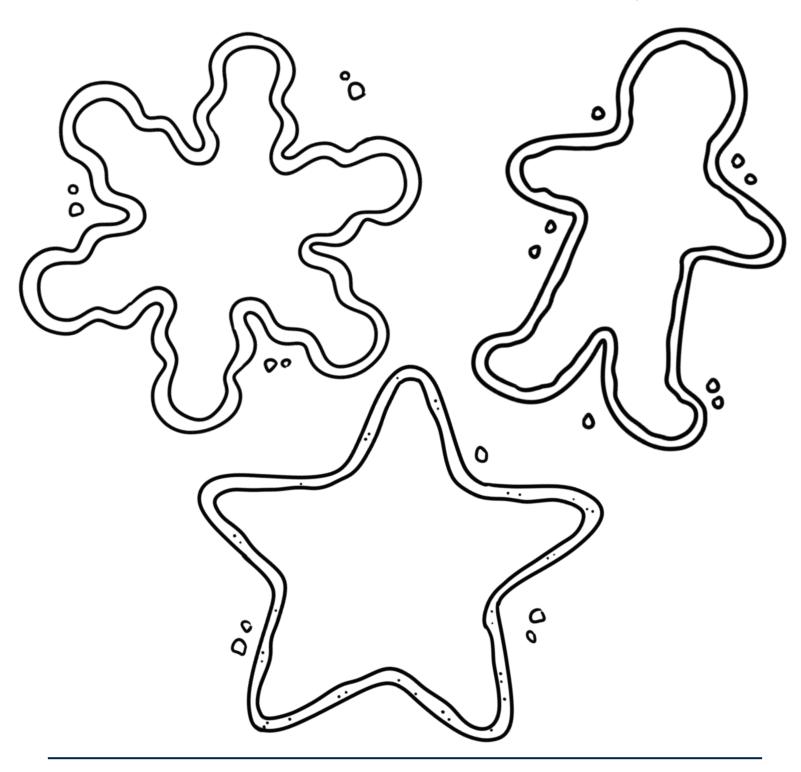


FAVORITE MEMORY

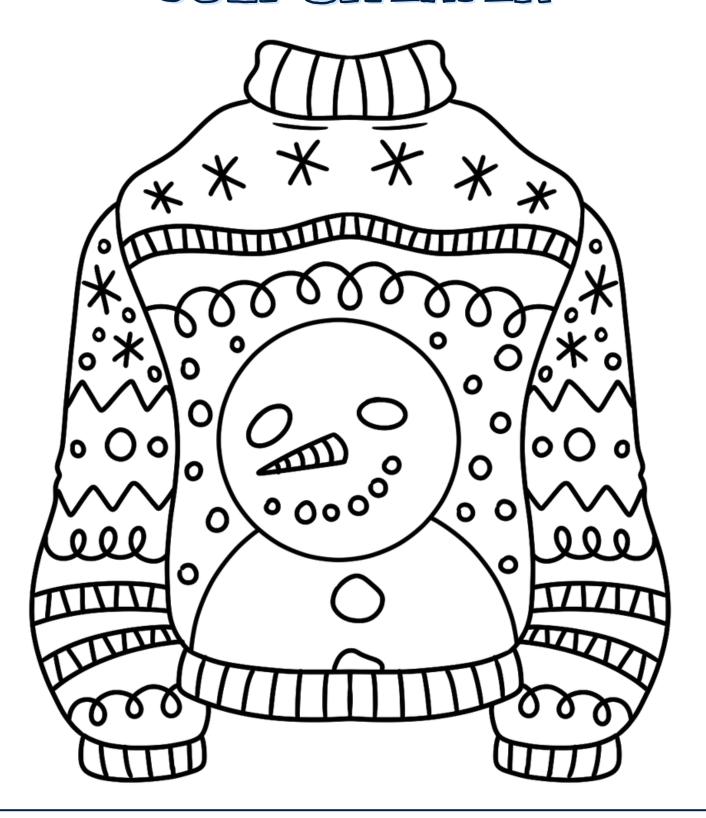
Take a moment to write about your favorite Winter memory, feel free to draw or attach pictures at the end!

WHAT DO YOU LOOK FORWARD TO IN 2026?

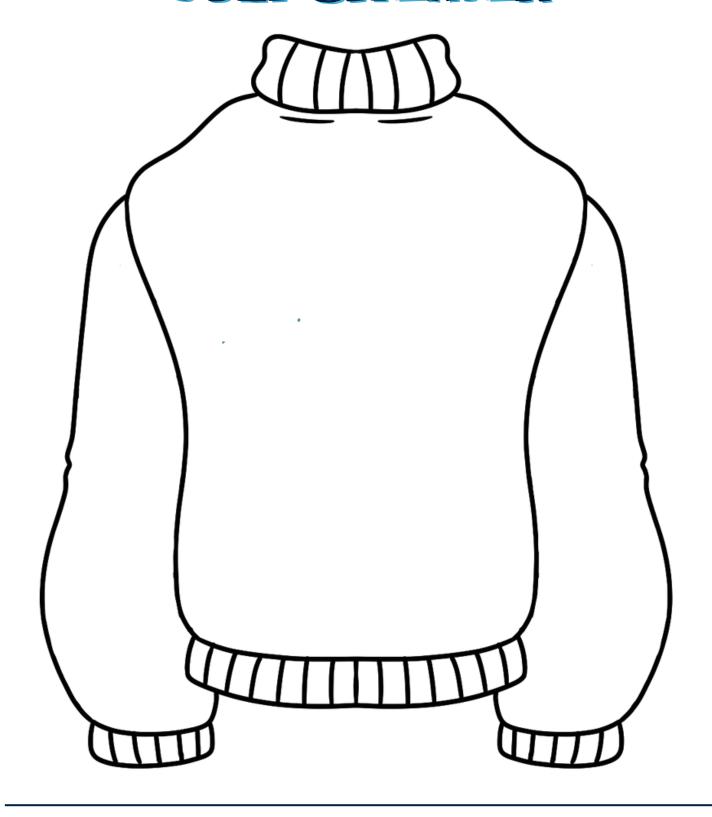
Color, draw, or write inside the frames!



COLOR IN AN UGLY SWEATER



DESIGN YOUR OWN UGLY SWEATER



WINTER WORD SEARCH



Can you find all these Winter words?



J	14		**	11		1 1	14	D	П		J
N	Н	M	0	N	С	L	0	L	K	A	N

OOIVGRVFATRO

WTTAFAPTNUPW

BCTLINSTKRAF

AOECNONHEKRL

LCNBRHOCTETA

LOSFGAWDAYYK

RARFIREPLACE

KRRAEIOOEHIS

STICICLESAAN

EARMUFFSENET



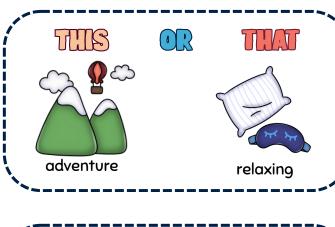


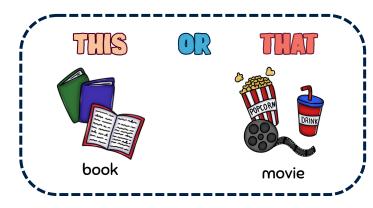
BLANKET ICICLES SNOWBALL HOT COCOA

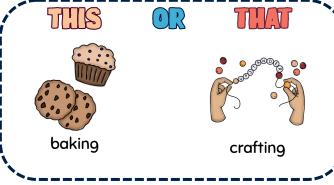
SNOWMAN EARMUFFS SNOWFLAKE FIREPLACE



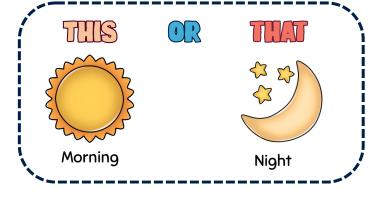
THIS OR THAT?



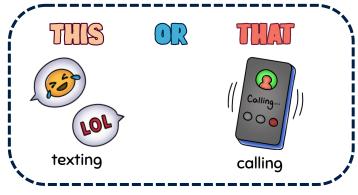


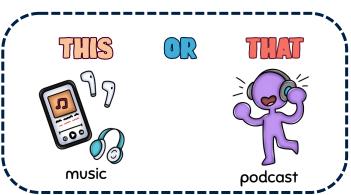














Safe At Home works to create a world where every young person feels, safe, supported, and empowered.

We teach children, families, and communities to be changemakers, to embrace the shared responsibility of care and respect.

Through education, counseling, training, and leadership, everyone learns how to show up for and support each other.