

Name: _____

My _____

Scale

Rating

Looks like

Feels like

Safe people can *help* /
I can *try* to

5



Go outside to a safe
space.
An adult will help
me to do this.

4



Let's
Talk

Find an adult

3



Try my deep breathing...blow
out the candle then smell the
strawberry.

2



Tell myself
everything is ok!

1



Taylor is happy and
smiling.
Taylor has a calm
voice

