



Calming Plan

Things that make me upset or scared: Ex: loud noises, I can't find my mom, going to daycare/school	Things that help me feel better: Ex: hugging my mom, getting to go on a walk outside, having a bath, eating a treat
People that I trust: Ex: my mom, my teacher, my grandma	Plan made with my family: Ex: If I am upset, I will call grandpa at 111-111, if he is not available, I can call mobile crisis at 222-222

Kids Help Phone (national line available to Manitoba Youth): 1-800-668-6868