I'm safe. Keep breathing. I can handle this.
Sometimes I feel scared.

I might feel scared when I am alone.

At night in my bed.
I might feel scared after I watch something on TV that I am not sure whether it will happen to me or not.
shook so hard.

Little shakes because it reminds me of when I

And lately, I might feel scared when we have...
What happened in your home?

- Power went out
- Loud noises
- Things broke
- Roads cracked

These things happened:

Earthquake. During the earthquake some of the buildings were caused by an unsafe. The big shakes were caused by an

It shook so hard we had to find a safe place to stand or hide under something because it wasn't
Raise your hand if you have felt any of these:

- Crying easily
- Being cranky
- Nightmares
- Afraid of the dark
- Trouble sleeping
- Not feeling hungry
- Upset tummy
- Headache

Some things I might experience now are:
When I feel scared, my eyebrows and eyelids go up, and the sides of my mouth pull down. I feel comfort from seek safety and those you love. Scared says.
I will keep you safe.

Keep breathing.

You're safe.

I am safe.

They will remind me that I feel scared. They will remind me when I feel scared, or my teachers to ask my mom, my dad, or my teachers to:\n
Scared is a sign for me to look for help.
Feeling scared signals for me to breathe deeply 3 times. I can choose to breathe like a S.T.A.R., Balloon, Pretzel or Drain.

Breathe with me.
Naming the people that can help me feel safe. After each finger is pressed with my pinky, I can also put lotion on my hands. Then, I can rub My teacher, my mom, my dad, or a friend.
To help a child manage stress:

1. Hold child's hand.
2. Feel scared too.
3. Tell a story about the child.
4. Look at the thumb.
5. The thumb was worried. Fold child's fingers.
6. Sometimes feel scared the storm will come.
7. But the storm did not.
8. What about me?
9. Feel scared too.
10. My friends can also do a story hand with me.
11. Then I can do it.
12. Friends will always come to me.
13. No matter what happens. I am here to keep you safe. You may always come to me. You're safe.
If I am at school, I can get my Feeling Buddy.

And I keep on breathing with my feeling buddy.

Then I breathe deeply with you can handle this.

"You look so scared, Scared 3 times and say: Hello Scared, breathe with me Scared, you are safe."
I can choose to continue breathing deeply.
I can choose to talk with someone.
I can choose to do a story hand with someone.
Make a drawing of what I find scary.
I can also help myself feel calm by:
When someone feels scared in my School Family, they might look like this:
Breathing for another child

"I did it! I was helpful!"

Sharing a Feeling Buddy

Helping in the Safe Place

Wishing well

I can be helpful by:
handle it! i can't handle it! yes i can! happen throughout my day. but i can't.

Feeling scared can be hard, it might...