



01

Identifying Signs of Emotional Unsafty



- List some feelings you might experience when you are in an emotionally unsafe situation. (e.g., sad, hurt, anxious, confused).
- Describe any body sensations you might notice when you feel emotionally unsafe. (e.g., heaviness in the chest, heavy mind, tingling).
- Identify behaviors you or others might exhibit when in an emotionally unsafe situation. (e.g., crying, shouting, fighting, belittling, mocking).



02

Creating Your Coping Toolbox



- Think about strategies or activities that help you cope with emotionally unsafe situations.
- Write them in your "Coping Toolbox."

Identifying Trusted People to Talk To

- List the names and contact numbers of four people you can approach when you feel emotionally unsafe.
- These can be parents, teachers, siblings, friends, or any trusted individuals.



Project Reflection



- Reflect on the importance of having an Emotional Safety Plan.
- How do you think it can help you feel more secure and supported?
- Discuss it with a trusted adult or friend. They might have valuable insights or additional suggestions.

03

04



CAPTURE IMAGES, VIDEOS OF ALL THE 4 STAGES OF THE PROJECT AND COMPILE AND SHARE THE FINAL PROJECT WITH LINKS OF IMAGES AND VIDEOS IN

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