# 🧠 Children’s Emotional Safety Map

*Created by Social Impact Solutions LLC* | [socialimpactsolutions.biz](https://www.socialimpactsolutions.biz)

## 🎯 Purpose

Children cannot thrive if they do not feel emotionally safe. This tool helps children and caregivers build emotional literacy, develop trust, and practice healthy expression — in both calm and stressful moments.

Ideal for ages 4–14. Adaptable for teens and children with sensory/communication differences.

## 🗺️ 1. My Feelings Map

Help the child name and locate feelings in their body.

**Today I Feel:** (circle all that apply)

* 😃 Happy
* 😞 Sad
* 😡 Angry
* 😨 Scared
* 😐 Bored
* 😕 Confused
* 🤒 Tired
* ❤️ Loved
* 😣 Frustrated

**Where do I feel it in my body?**  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What does it feel like?** (tight, warm, shaky, etc.)  
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## 📣 2. Safe Ways to Express Myself

Empower expression instead of suppression.

When I feel big emotions, I can...

* Ask for a break
* Use my “calm corner”
* Squeeze a pillow or fidget
* Talk to a safe grown-up
* Draw or write how I feel
* Take 5 slow breaths
* Move my body (walk, stretch, dance)

I feel safest when:  
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## 🧩 3. Trusted People I Can Talk To

| **Name** | **How they help me feel safe** |
| --- | --- |
|  |  |
|  |  |
|  |  |

## 🧘 4. My Calm Down Plan

Personalized for regulation during overwhelm.

**Step 1:** Notice what I’m feeling  
**Step 2:** Name the feeling out loud or in my head  
**Step 3:** Choose a calming tool or space  
**Step 4:** Ask for help if I need it  
**Step 5:** Return when I feel ready

**My calming tools are:**  
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**Where is my safe space?**  
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## 💬 5. Words I Can Use When I Don’t Know What to Say

* “I’m not okay but I don’t know why.”
* “Can you help me calm down?”
* “I don’t want to talk right now, but I’m listening.”
* “I need space, not punishment.”
* “I’m sorry I yelled — I was overwhelmed.”

## 📅 6. Emotional Check-In Chart (Weekly)

| **Day** | **Face** | **How I Felt Most of the Day** |
| --- | --- | --- |
| Monday | 🙂🙁😡😢 |  |
| Tuesday | 🙂🙁😡😢 |  |
| Wednesday | 🙂🙁😡😢 |  |
| Thursday | 🙂🙁😡😢 |  |
| Friday | 🙂🙁😡😢 |  |
| Saturday | 🙂🙁😡😢 |  |
| Sunday | 🙂🙁😡😢 |  |