

# My Feel Better Plan

There are many things I can do to cope with feelings in ways that are helpful to me and do not hurt others.

I can talk to a trusted adult. Their name is \_\_\_\_\_.

Their phone number is \_\_\_\_\_.

Other people I can talk to are:

Teacher \_\_\_\_\_

Counselor \_\_\_\_\_

Friend \_\_\_\_\_

Family Member \_\_\_\_\_

## My Feel Better Ideas



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