

# What Can I Do to Feel Safe?

All of us worry about things. When things happen that are scary, it can sometimes make us feel worried and unsafe. Use the spaces on the sheet to think of some things that make you feel safe and loved. There is a lot of good in the world, sometimes you just have to look a bit harder to see it.



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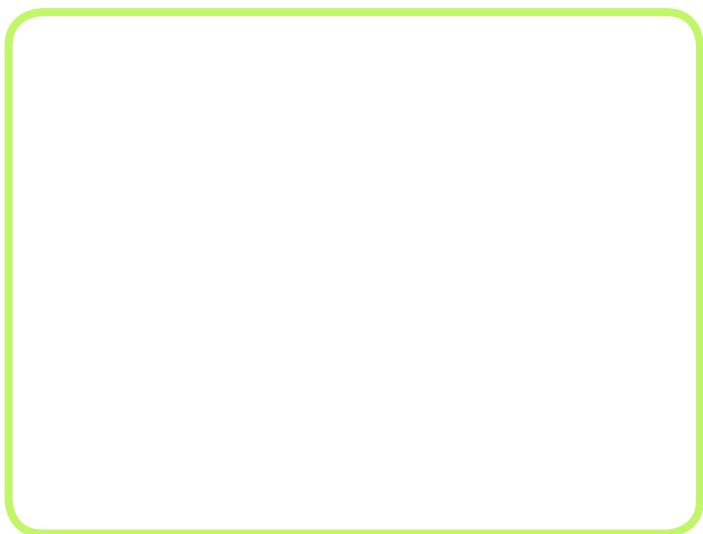
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