

Lydia's "What Helps Me" Plan

A. What are some things that make me feel happy 

- Playing Basketball
- My Mom

B. What are some things that upset me? 

- When I don't get my way
- Being yelled at
- When people take something from me

C. What people can do to help me stay safe:

- Talk to me
- Listen to me

D. What I can do to help myself stay safe:

- Take space
- Use words