

MY EMERGENCY PLAN



If I feel low, I will:



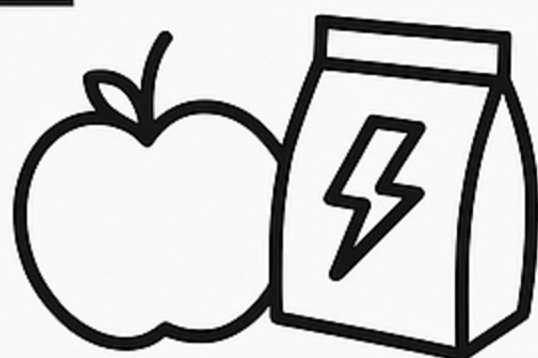


If I feel high, I will:

My emergency contacts:



My safe snacks:



Bonus Tip: Tell an adult if you feel low or high, even after using your plan!