

SELF TIME OUT CHART

I care about my safety. I care about the safety of others.

I can learn from problems, mistakes and poor choices.

My body tells me what I feel and what I need.

I can make a better plan when I know what I feel and what I need.

When I have a better plan I will feel better.



1. I can choose to say...
"I am taking a time out."

I can choose to stop
looking at
what is bugging me.
What bugs me does
not take care of me.

2. I can feel
my own heart beat.

What do I feel?
What do I need?

3. I can choose to
listen to what my
body feels and needs.

I can choose to
write down what I feel
and what I need.

4. I can choose to make
a plan to take care
of my own
feelings and needs.

I can choose to
write it down.

5. I feel better
when I choose to
take care of my own
feelings and needs.

I did a good job.

Check out: www.selftimeout.org

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