

My Emergency Kit Planner

Use this planner to build your in-the-moment safety kit.

Include sensory tools, grounding actions, words, and anything that helps during crisis or overwhelm.

Objects to touch, hold, or fidget with:

Sounds or audio that calm or distract me:

Words or reminders that soothe me:

Actions I can take to feel safer:

Safe sensory items (weighted, chewable, visual, etc.):

Exit strategies or signals I can use: