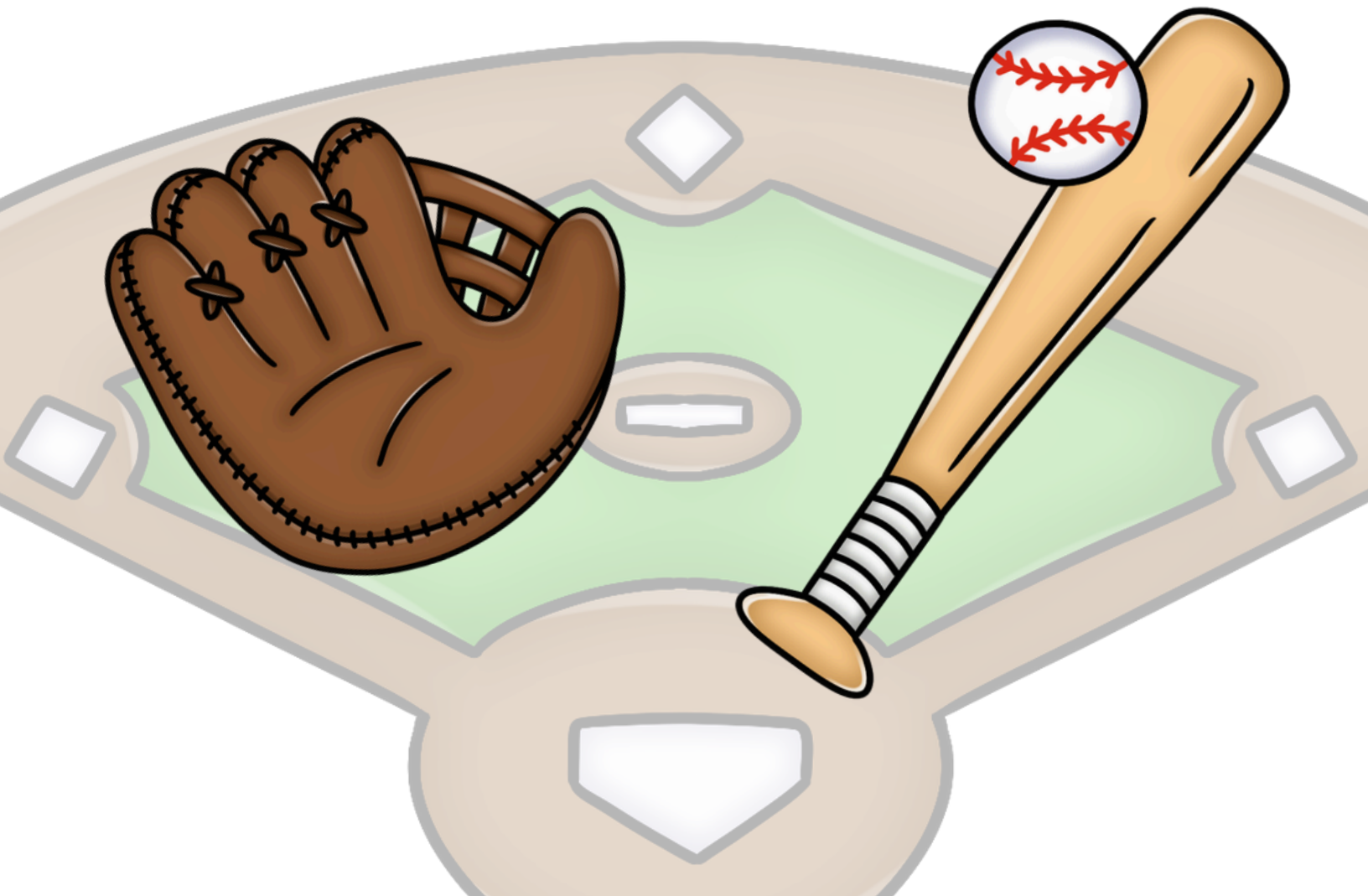


JOE TORRE  
**SAFE AT  
HOME.**

# MY SAFE AT HOME PLAYBOOK



Joe Torre Safe At Home  
[safeathome.org](http://safeathome.org)

# A NOTE FROM JOE

Baseball has been part of my life for as long as I can remember. When I was growing up, the game gave me something really special—a place where I felt supported, encouraged, and part of a team. Even when things at home felt confusing or hard, baseball gave me a place where I could focus and learn to believe in myself.

My teammates and coaches showed me what respect, teamwork, and accountability look like in action. Those lessons stayed with me long after the game ended, and they're a big reason why I started Safe At Home—so kids everywhere can feel supported and confident, no matter what they may be going through.

This activity book celebrates what makes baseball great: working together, showing up for each other, being a leader, and treating others with respect. These aren't just baseball skills, they're life skills.

Whether you're on the field, at school, or at home, remember—we're all on the same team, and everyone deserves to feel safe at home.

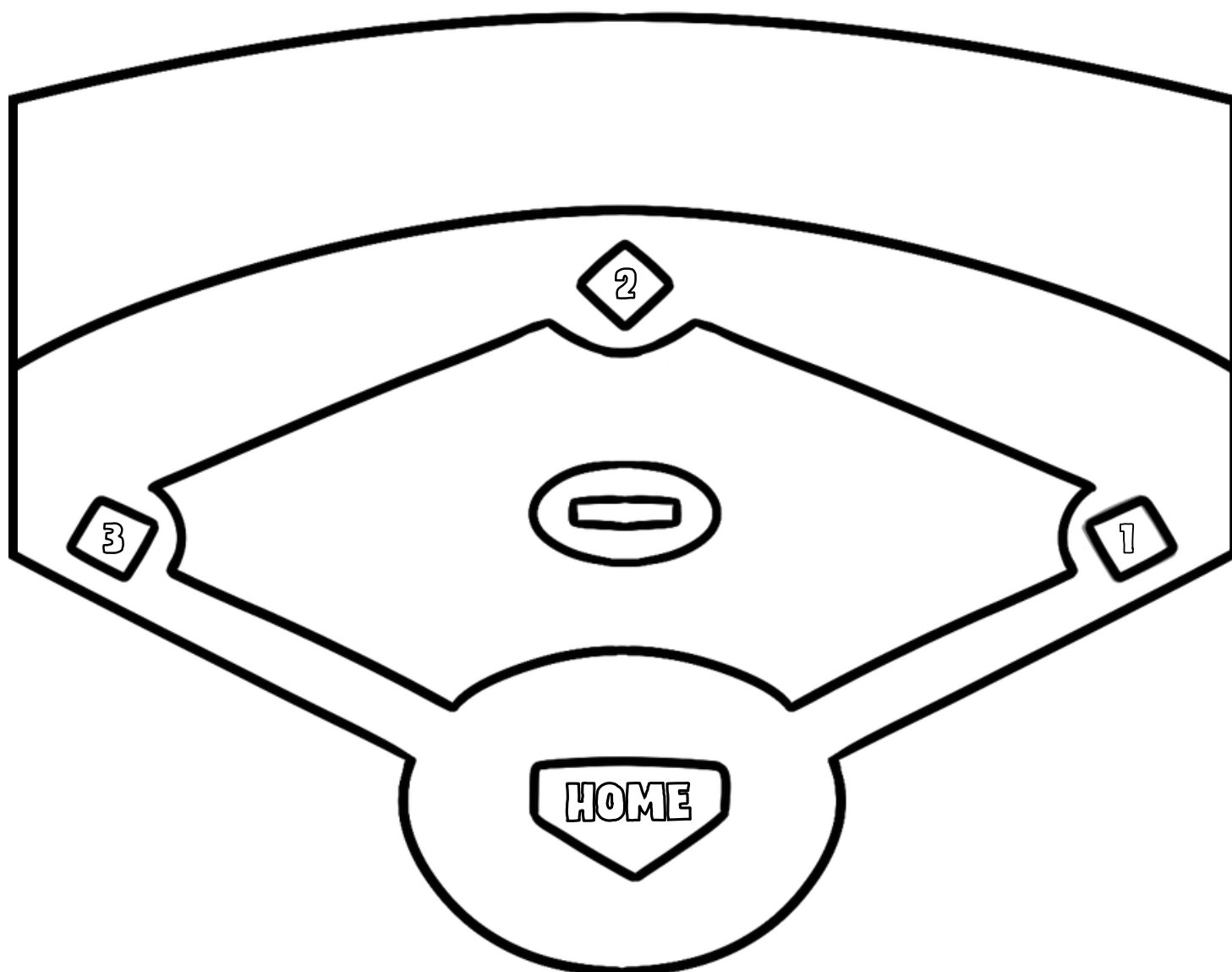
With gratitude,



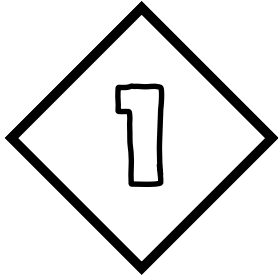
Joe Torre

# RUNNING THE BASES TO BE SAFE AT HOME

Use colors and characters to create your perfect play!



Everyone deserves to feel safe on their team, in their relationships, and at home.



## 1<sup>ST</sup> BASE IS AWARENESS

Knowing who is on your team

Who do you trust and why?



## 2<sup>ND</sup> BASE IS COMMUNICATION

Using your voice and listening to others

Who or what makes it easy for you to communicate?



## 3<sup>RD</sup> BASE IS BOUNDARIES

Knowing your limits

What is an example of a boundary?

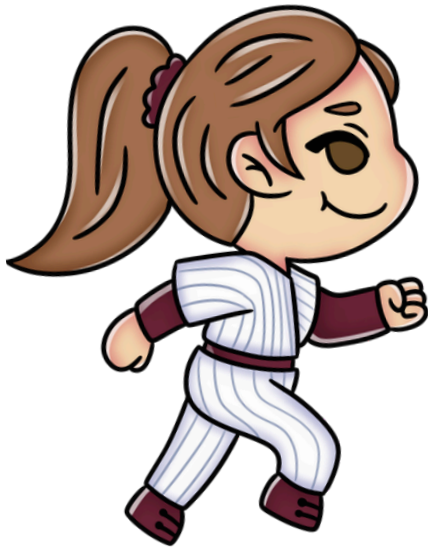
How do boundaries help you feel safe and protected?



## HOME PLATE

Safe at home means feeling supported, respected, and cared for

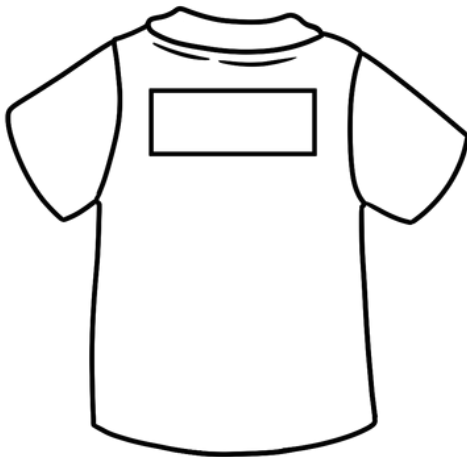
What helps me feel calm, supported, and cared for?



# WHO'S ON YOUR TEAM?

Your team might include family, coaches, teachers, neighbors, or counselors.

Draw or write the names of 3 people on the back of the jerseys who help you feel supported:



They help me by...

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They help me by...

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They help me by...

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# CHECKING IN WITH MY TEAM



**One person on my team I can go to when I need to talk about something:**

*For example: a parent, caregiver, sibling, friend, teacher, coach, or counselor*

---



**One way I communicate how I'm feeling:**

*For example: words, body language, journaling*

---



**One way others can support me when I need it:**

*For example: Offering a hug, going on a walk with me, listening to me*

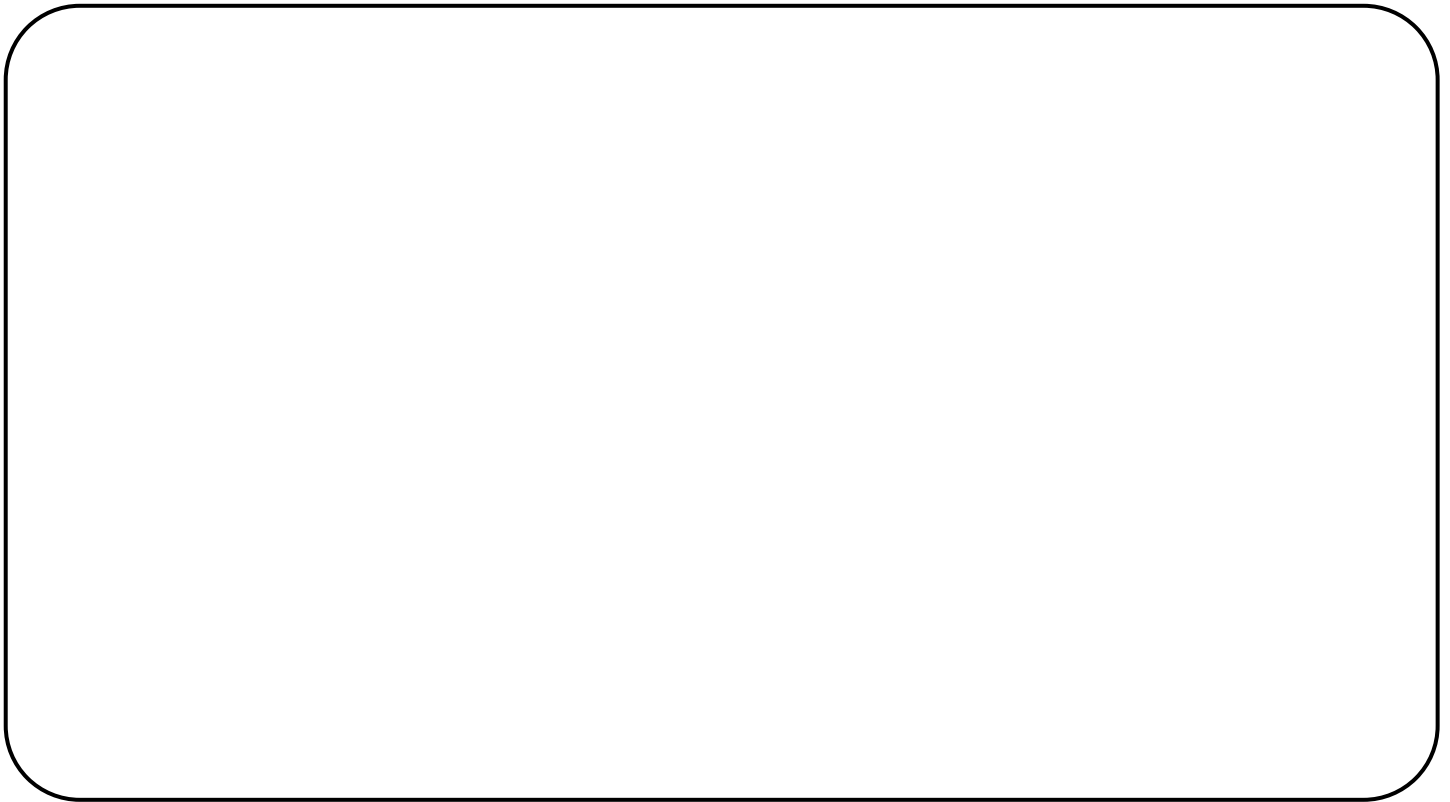
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**One way I can step up for my team is by...**

# MY SAFE PLACES

Some places might make you feel safe and supported. What are those places?

Draw or list these places in the space below.  
If a place doesn't come to mind, you can imagine one



## Going Back to My Safe Place in My Mind



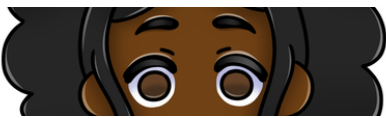
Scan the QR code to listen to a short guided reset.

*"Because every team deserves a safe home base."*

# 7TH INNING STRETCH

## Checking in With Myself: How to Feel grounded

### LOOK AROUND THE FIELD



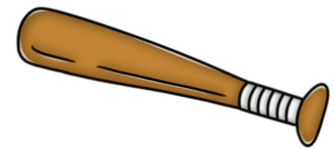
Name 1 thing you see, 1 thing you hear, 1 thing you feel.

### TAP HOME PLATE



Place your hand on your heart.  
Notice your breathing.  
Take 3 deep breaths.

### GRIP THE BAT



Pretend you are holding a bat and gently squeeze your fists.

Count to three.

Now slowly release your hands and feel the tension go away.

### CALL TIME



Put one hand up like a timeout signal.

Take one slow breath.

Remind yourself:  
**I can pause.**

### FEEL THE GLOVE

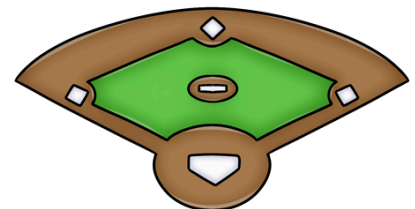


Press your hands together gently.

Notice the pressure.

Take one slow breath in.  
Take one slow breath out.

### COUNT THE BASES

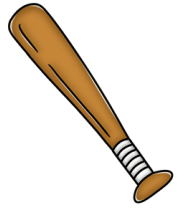


Quietly count:  
1...2...3...4

Slow breath in,  
slow breath out



# MY PLAYER STATS



Every baseball player has stats that show off their strengths.  
What are your strengths?

**NAME:** \_\_\_\_\_

**Position on my team:** \_\_\_\_\_

**Kindness**



*How I show kindness:*

**Teamwork**



*How I support others:*

**Courage**



*A time I was brave:*

**Respect**



*How I show respect:*

**Biggest Strength**

*If my team needed help, they could count on me for:*

# DESIGN YOUR OWN JERSEY



# MY SAFE AT HOME PLAN

3 of my strengths:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Things I am looking forward to:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## My Plan to Stay Safe:

When this happens...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Safe People:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I can cope by...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Safe Places:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Safety & Support Resources:

### National Domestic Violence Hotline

1-800-799-SAFE (7233)  
thehotline.org

### Digital Resources

safeathome.org/resources  
littleleague.org/university

*Talk to a trusted adult like a parent, coach, teacher, or counselor if you need help.  
You are not alone. Help is available.*

Safe At Home works to create a world where every young person feels safe, supported, and empowered.

We help children, families, caregivers, and communities learn how to care for one another and share responsibility for kindness and respect.

Through learning, support, and leadership, everyone discovers how to show up for each other and help one another feel safe and valued.

