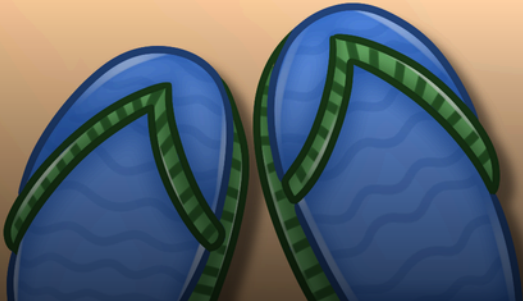


JOE TORRE
**SAFE AT
HOME.**

SAFE AT HOME
**MARGARET'S
PLACE**



Summer workbook!



HELLO STUDENTS!



Summer is here and while school is out, and Margaret's Place may not be available, think of this workbook as Margaret's Place in your pocket!

Inside you'll find activities to keep your mind active and resources for when things feel overwhelming.

You can use this workbook whenever you need it:

- When you're bored
- When you need a reset
- When you need a mental health break
- When you need help putting words to feelings

There is no right or wrong way to use this book. You can skip around, write in it, and come back to it at any time.

We hope this summer brings you rest, joy and growth. Remember that you are not alone. Have a fun and safe summer!

WELLNESS PLAN

3 of My Strengths:

Three light blue rounded rectangular boxes for writing strengths.

THINGS I AM LOOKING FORWARD TO:

A pink rounded rectangular box with a red tab at the top and four white circles on the left side for writing things to look forward to.

My Plan to Stay Safe:

WHEN THIS HAPPENS...

1. _____
2. _____
3. _____

I CAN COPE BY...

1. _____
2. _____
3. _____

SAFE PEOPLE:

1. _____
2. _____
3. _____

SAFE PLACES:

1. _____
2. _____
3. _____

Safety & Support Resources:

HOW TO FIND YOUR OWN RESOURCES

SOME GREAT PLACES TO START

Here are some helpful places you can go or visit online if you need support, ideas, or someone to talk to:

 Joe Torre Safe At Home:
safeathome.org/resources


- ➔ Find support if you've been hurt, feel unsafe, or just want to learn how to help a friend.

 Child Help National Helpline:
1-800-4-A-CHILD

- ➔ If you're feeling unsafe or need someone to talk to, this is a great place to call.

 KidsHealth.org

- ➔ Learn about your body, your feelings, and how to stay healthy.

 Teen Line – Text “TEEN” to 839863 or call 800-852-8336 (6-10pm PST)

- ➔ You can talk with another teen who understands.

 Your local library –
Use libraryfinder.org to find one near you!

- ➔ Libraries often have books, games, free activities, and people who can help.

THINGS TO NOTE:

Different resources are right for different ages...

If you're in elementary school:

- Look for help from adults you know in person like a parent, teacher, school counselor, or librarian.

If you're in middle school:

- You might be ready to try safe websites made for kids or start talking more to trusted adults outside your home or school.

If you're in high school:

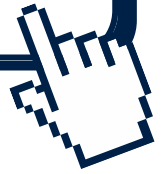
- You can explore more online tools, youth programs, and community centers. Make sure websites are made for teens or older—ask a trusted adult if you're unsure!



IMPORTANT!



You are the best person to know what you need. This page will help you learn how to spot a good helper or resource and how to find them!



WHAT MAKES A GOOD RESOURCE?



Look for people, places, or websites that are:

- Safe
- Kind
- Easy to talk to
- Respect your privacy
- Help you feel better or learn something new
- Really know what they're talking about

THINK IT THROUGH



Check off what you might want help with:

- Feeling sad or stressed
- Feeling unsafe at home or school
- Finding fun activities
- Learning new things
- Talking to someone about something hard
- Other: _____

WHO OR WHERE CAN HELP?



What I need:

Who/Where
can help:

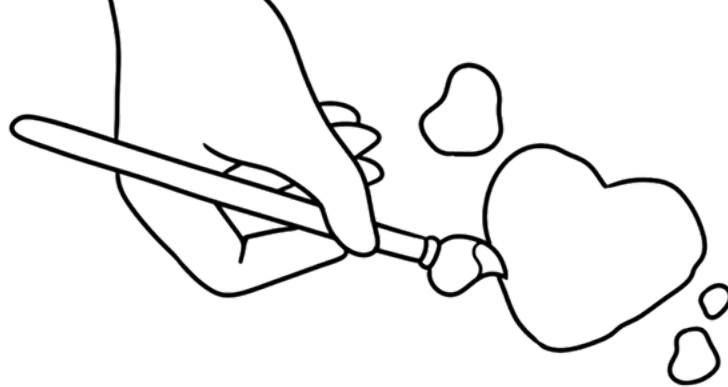
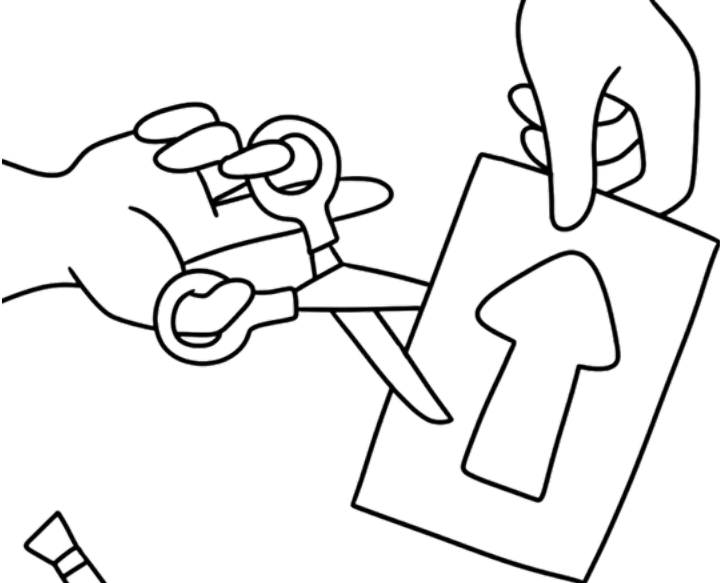
How Do I Reach Them?
(phone/text/in person):

IMPORTANT TO REMEMBER!

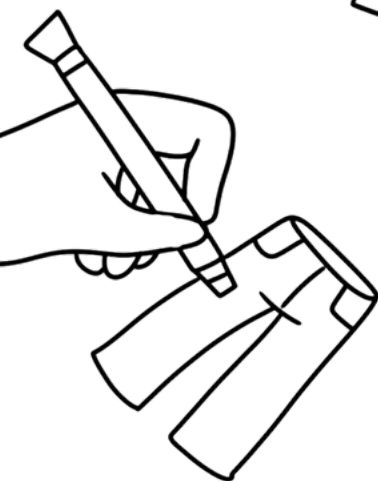


If something ever makes you feel uncomfortable or unsure, stop and ask someone you trust to check it with you.

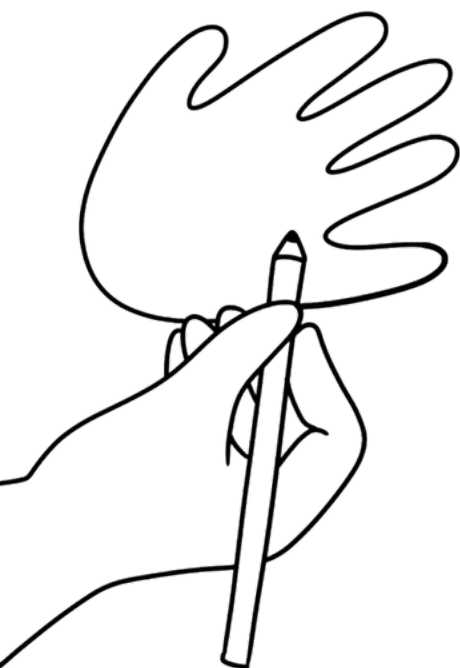
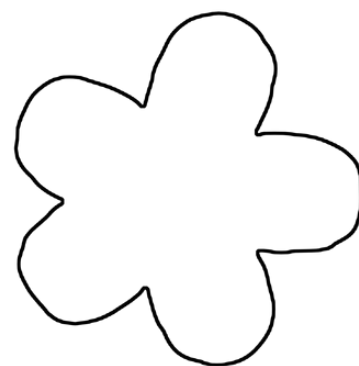




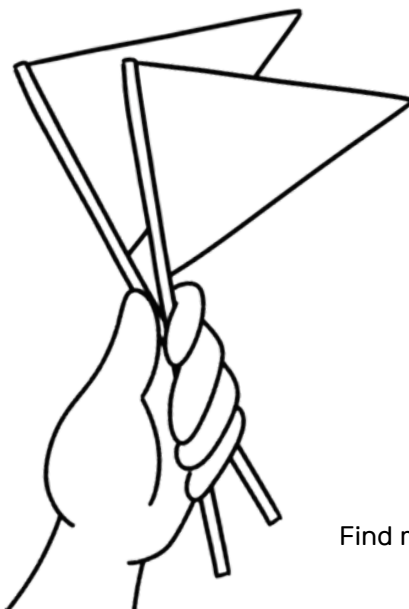
**Something I learned at
Margaret's Place:**

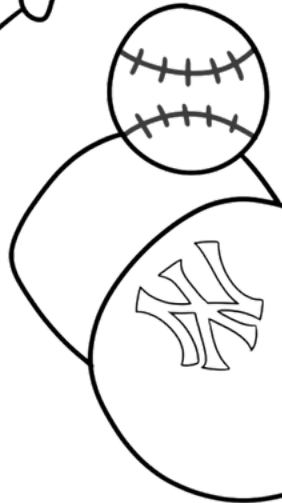


**My favorite memory I made
at Margaret's Place:**



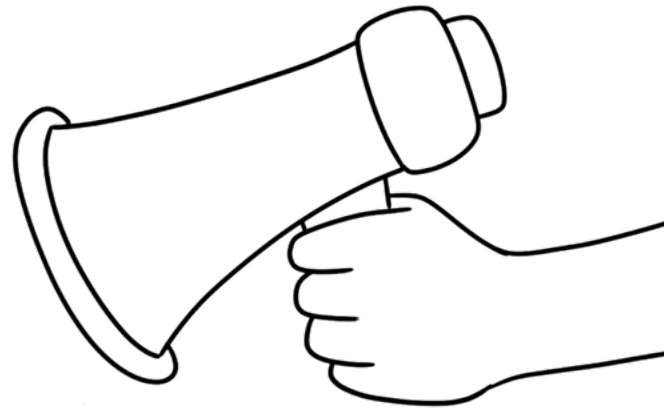
**My favorite campaign
from Margaret's Place:**



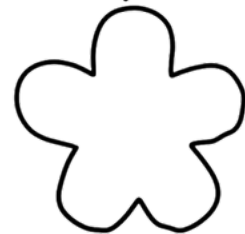
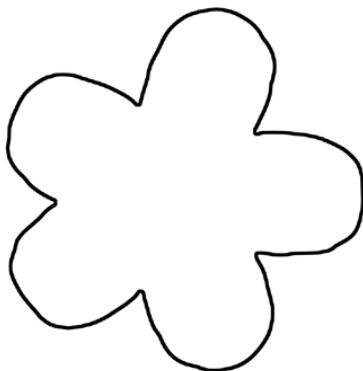


What helped me grow this year was...

A belief I had at the beginning of the year that changed was..

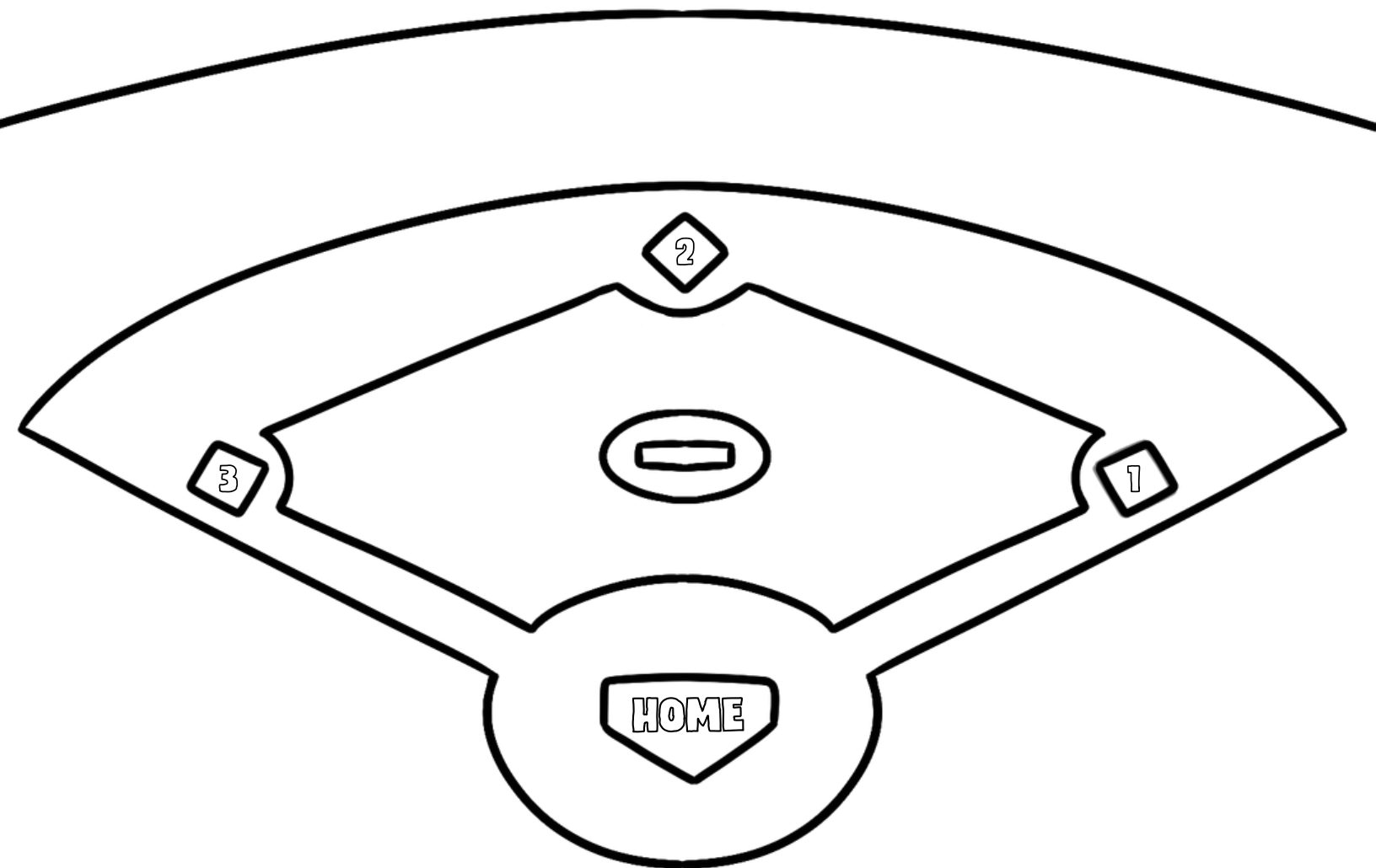


One thing that I can do now that I couldn't before is...

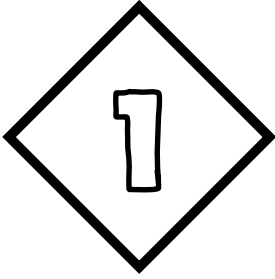


RUNNING THE BASES TO BE SAFE AT HOME

Coloring Page



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



1ST BASE IS AWARENESS

- Who is on my team?
- Who are the people I trust and feel supported by?



2ND BASE IS COMMUNICATION

- How do I show up for my team?
- How do I share my feelings or listen to others?



3RD BASE IS BOUNDARIES

- What helps me feel safe and respected?
- How do I ask for what I need?



HOME PLATE

- What does “safe at home” mean to me?
- What helps me feel calm, supported, and cared for?

CHECKING IN WITH MY TEAM

Reflect, write, or draw what feels right for you.

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



ONE THING I CAN DO THIS SUMER TO HELP MYSELF
OR SOMEONE ELSE FEEL SAFE IS:

MEDIA RECS

Looking for a new series or something to binge this summer?
Our Youth Program Facilitators have some suggestions:



WHAT TO WATCH

The Magic School Bus - Tubi (7+)

Bluey - Youtube (PG)

XO, Kitty - Netflix (+14)

K-Pop Demon Hunters - Netflix (PG)

Jurassic World: Camp Cretaceous - Netflix (PG)



WHAT TO READ

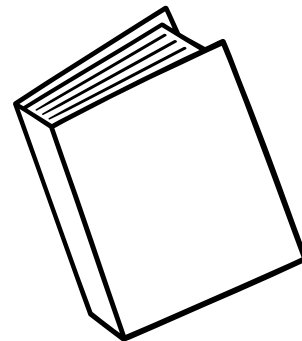
Percy Jackson by Rick Riordan

Esperanza Rising by Pam Muñoz Ryan

The Song of Achilles by Madeline Miller

To All the Boys I Loved Before by Jenny Han

The Hunger Games by Suzanne Collins



WHAT TO LISTEN TO

PBS KIDS - Youtube

Nat Geo Kids - Youtube

Ms. Rachel - Youtube

Welcome to Night Vale - Spotify

Stuff You Missed in History Class - Youtube



REST & RECHARGE

For many of us, summer break might involve changes to our routine. Even when our days look different, rest still matters. Getting enough rest helps our brains, bodies, and emotions recover and grow.

WHY SLEEP MATTERS



Sleep helps our learning and memory by allowing our brains to organize what we learned that day.

Restful sleep and downtime allow us to regulate our moods and emotions, allowing us to cope with stressful events.

High quality sleep or rest can be achieved without a quiet house, a large bed to yourself, total darkness or strict bed times. Rest still happens through calming routines, short breaks, and body regulation.

TRY THIS

Calm your body by:

- Slow, intentional breathing (inhale 4 counts, exhale 6 counts)
- Tense and then release each muscle group
- Stretch your arms and legs
- Place a hand on your chest or stomach to slow breathing

Incorporate sound:

- Turn on a fan, white noise, or rain sounds
- TV or radio at a low volume when silence feels uncomfortable

WHAT CAN I CONTROL?

During difficult times, we might crave control in order to feel safe. Take a moment to reflect and write down the things you know you can and can't control.

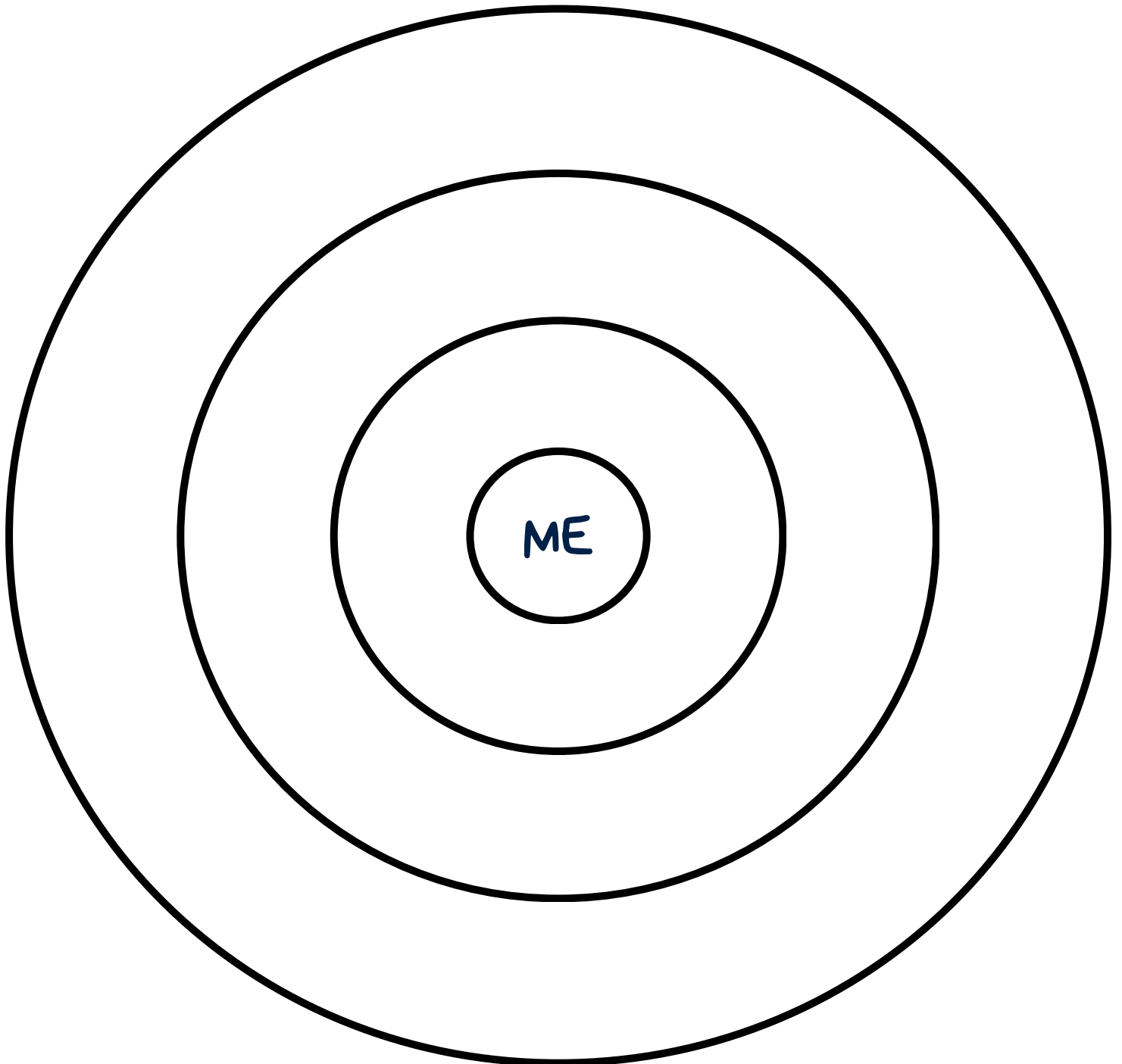
Things I CAN'T control

Things I CAN control

How do you feel after reflecting on the things you can/can't control?
How can you let go of control and still feel safe?

MY SAFETY NETWORK

Write the names of the people who help you feel safe. The close circle is for the people you feel super close to, and the outer circles are for people you don't feel as close to.



SLOWING DOWN

Sometimes our bodies have extra energy, feel tight or restless. Slow gentle movements help our brain and body connect to each other, find balance and calm down.

SLOW MOVEMENT FLOW

Grounded Stance

- Stand with feet hip-width apart
- Bend your knees just a little
- Let your arms hang loose
- Take 3 slow breaths



Exercises like this tell your body: I am safe.

Cloud Arms

- Slowly lift up your arms like you're scooping clouds
- Let them float back down
- Move with your breath

This movement releases tension in your shoulders and chest.

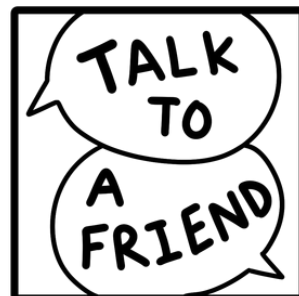
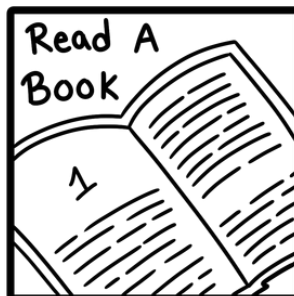
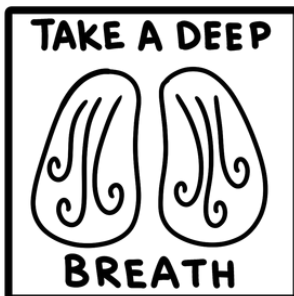
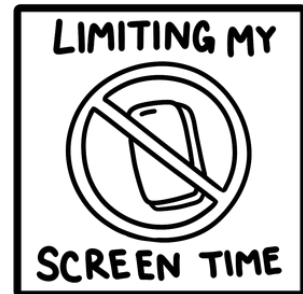
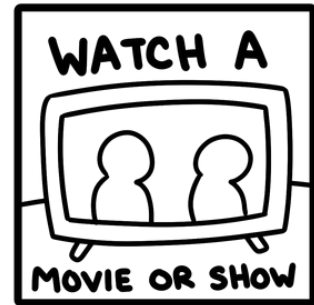
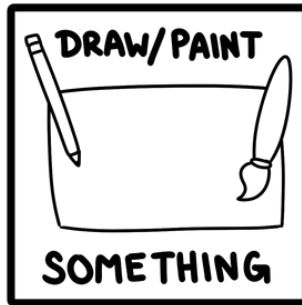
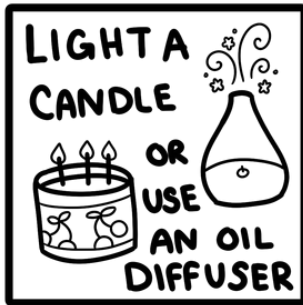
Slow Side Sway

- Gently sway your body side to side
- Let your arms follow the movement of your body
- Keep your feet planted

This sway can calm your restless body.

SELF CARE BINGO

How many of these have you done?



60 DAYS OF SUMMER FEELINGS TRACKER

example

1 2 3 4 5 6 7

8 9 10 11 12 13 14 15

16 17 18 19 20 21 22 23

24 25 26 27 28 29 30 31

32 33 34 35 36 37 38 39 40 41 42 43 44

45 46 47 48 49 50 51 52

53 54 55 56 57 58 59 60

- Happy
- Sad
- Angry
- Scared
- Confused
- Shocked
- Excited
- Silly
- Embarassed

HOW TO MAKE A ZINE

Steps to follow for making your own zine at home!

- 1** Start with one sheet of printer paper (8.5x11)

Fold it in half long ways aka hot dog style



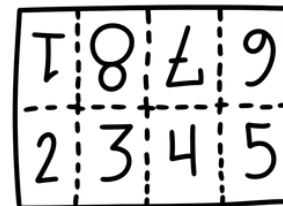
- 2** Open it, then fold it the other way aka hamburger style



- 3** Open again and fold both edges into the center crease



- 4** Now you have 8 equal sections!



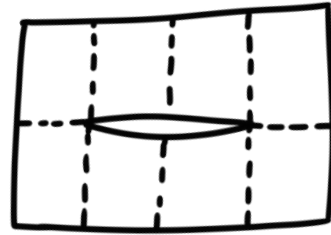
- 5** Lay the page flat for this next part:



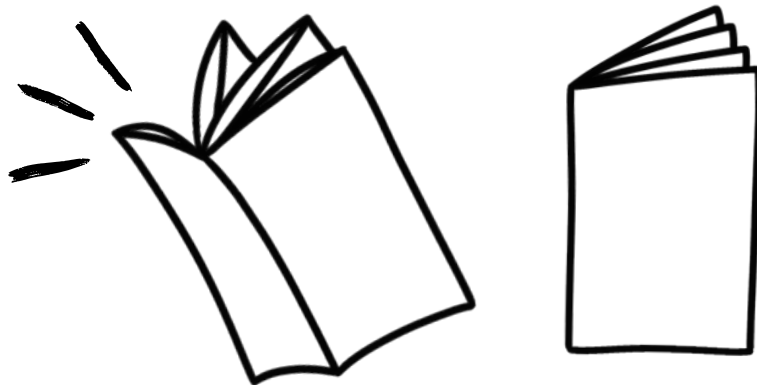
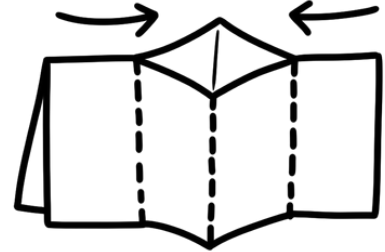
- 6** Use scissors to cut along the middle crease, stopping at the center



7 The page should look like this once you unfold it after making the cut



8 Hold both ends and push inward—the paper will fold into a little book



Ta-da! You made a zine!



A zine can be used to amplify any message! Use it to express yourself, tell a story, or educate others!

Consider making a zine for:

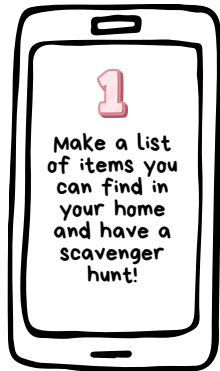
- Art
- Stories
- New ideas
- Showing support
- Raising Awareness
- Spreading Kindness
- Underrepresented Causes

Through Safe at Home services we learn about:

<p>healthy & unhealthy relationships</p>	<p>respect</p>	<p>healthy communication</p>
<p>boundaries</p>	<p>advocacy & empowerment</p>	<p>bullying</p>
<p>impact of violence on mental health</p>	<p>domestic violence</p>	<p>coping skills & safety strategies</p>
<p>dating violence</p>	<p>bystander/upstander</p>	<p>violence & abuse</p>

7-DAY SOCIAL MEDIA CHALLENGE

Scrolling can be fun but sometimes it can leave us feeling tired, distracted or even anxious. This 7-day challenge can help you to unplug. Each day: Choose one activity to do instead of scrolling social media for at least one hour!



1

Make a list of items you can find in your home and have a scavenger hunt!

I completed this challenge

Mood before:



Mood after:



2

Put on your favorite playlist and have a dance party

I completed this challenge

Mood before:



Mood after:



3

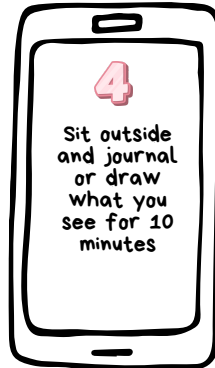
Make a tech free zone and bring in puzzles, books art supplies

I completed this challenge

Mood before:



Mood after:



4

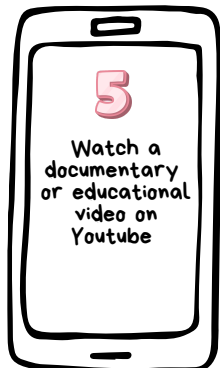
Sit outside and journal or draw what you see for 10 minutes

I completed this challenge

Mood before:



Mood after:



5

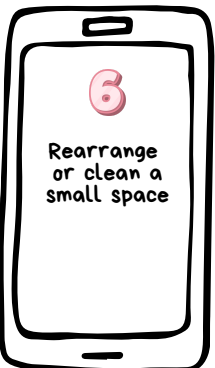
Watch a documentary or educational video on Youtube

I completed this challenge

Mood before:



Mood after:



6

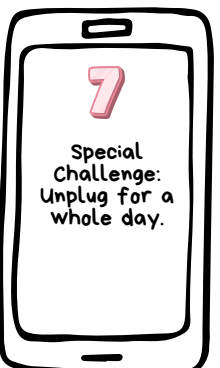
Rearrange or clean a small space

I completed this challenge

Mood before:



Mood after:



7

Special Challenge: Unplug for a whole day.

I completed this challenge

Mood before:



Mood after:



Reflection: How did you feel after being disconnected for a day?

A dark red circle containing the text "SAFE AT HOME." in white, bold, sans-serif font. The background of the entire page is a beach scene with blue waves, a sandy shore, a red and white life preserver, a pink starfish, a purple seashell, blue flip-flops, a yellow shovel, and red sunglasses.

SAFE AT HOME.

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

We teach children, families, and communities to be changemakers, to embrace the shared responsibility of care and respect.

Through education, counseling, training, and leadership, everyone learns how to show up for and support each other.