Be prepared for the thoughts and feelings that come with emergencies.

**Understand What Feelings You May Have**

- Feeling scared
- Thinking you may do something wrong
- Feeling worried
- Thinking you may forget to do something
- Worried that people you know may get hurt

**Use Your Coping Skills to Stay Strong**

- Breathe with Color.
- Stick with a buddy when you get to a safe place.
- Sing a favorite song or tell a favorite story.
- Use your Symbol of Strength—it’s always there.
- Listen to grownups who care for you.
- Remember family and friends can help when you work together.
- Think of a small way to help someone. It will make you feel better and can make a big difference for someone else.

**Remember**, coping skills work any time you need them!

Don’t wait for an emergency. Your coping skills can help you through any situation.

The Pillowcase Project