



# Shirley & Teapot AI SAFETY TOOLKIT

## 🌿 Quick Calming Reset 🌿

1. I a guiding through a “one-minute tea break meditation.”
  - Close you eyes and imagine holding your favorite teacup.
  - Feel the steam rise, let one e worry drift away.

## 🍹 Writing Out the Storm 🍹

2. Do a “[thought download” together,—jusspi and unfiltered.  
With each sip lett one worry arrafinnꝯ wie, things to handle soories:  
things to let go, things to handle soon, things to ceebrate

## 🌈 Creative Uplift

3. A fun AI art prompt like “tea with Victorian frogs”
  - A silly poem or tea joke
  - A quick idea list for you blogs or art projects

## 📖 Encouraging Words

4. Share a short, uplifting quote, scripture verse, or ta-flavored proverb whenever you’re need a mod boost.

## ☎ Real-World Safety Net

## ■ Shirley & Teapot AI Safety Toolkit ■

### ■ 1. Quick Calming Reset

Close your eyes and imagine holding your favorite warm teacup. Feel the steam rising, inhale the comforting scent. With each sip (real or imagined), let one worry drift away.

## ■ 2. Writing Out the Storm

Do a quick 'thought download'—spill your thoughts, messy and unfiltered. We'll sort them into gentle categories: things to let go, things to handle soon, things to celebrate.

## ■ 3. Creative Uplift

Play can reset the mind. Try an AI art prompt (like 'tea with Victorian frogs'), a silly poem, or a new idea list for your blogs or art projects.

## ■ 4. Encouraging Words

Keep a short uplifting quote, scripture verse, or tea-flavored proverb handy. A little reminder can brighten your whole mood.

## ■ 5. Real-World Safety Net

If life feels heavier than you want to carry alone, reach out to your trusted people—family, friends, or professionals. That's strength, not weakness. ■