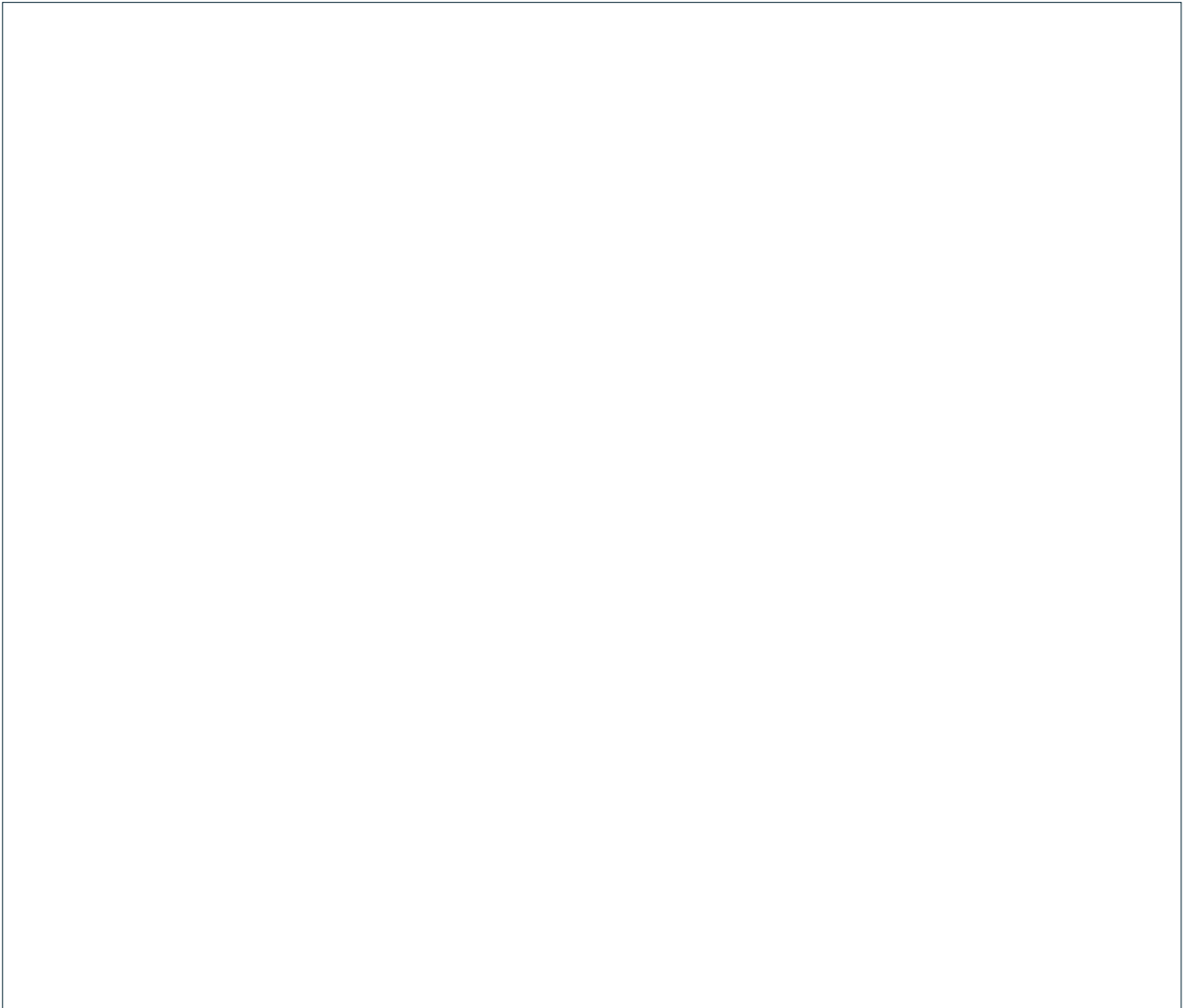


Worksheet 5: Draw Your Safe Place

Everyone needs a place where they feel safe and calm. It might be a real place that you know, or it might be somewhere you imagine. It could be a cozy corner, a treehouse, a beach, or even a place that doesn't exist in the real world. Your safe place is yours, nobody else has to understand it.

On this page, draw your safe place. Think about what it looks like, what colours are there, and how it makes you feel.



If You Want To, Tell Me More

Where is your safe place?

What do you see there?

What sounds do you hear?

What smells are there?

How does it feel to be in your safe place?

If you could take one thing from your safe place with you, what would it be?

