

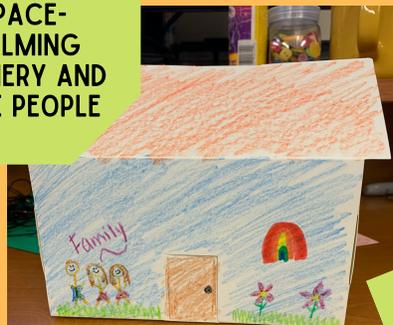
SEL MAKE-AND-TAKE KIT:

SAFE SPACE

ACTIVITY INSTRUCTIONS

1. PICTURE A PLACE THAT MAKES YOU FEEL SAFE. THIS COULD BE REAL OR IMAGINARY.
2. DESIGN YOUR HOUSE TO MODEL THIS SAFE PLACE. COLOR AND DRAW ON THE OUTSIDE AND/OR THE INSIDE.
3. PUT/DRAW SOME SMALL ITEMS IN THE HOUSE THAT MAKE YOU FEEL SAFE OR REMIND YOU OF THAT SAFE FEELING.

OUTSIDE SPACE-CALMING SCENERY AND SAFE PEOPLE

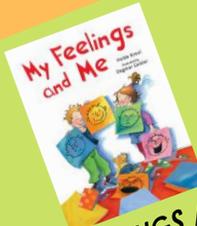


BOOKS



THE BOY WITH BIG, BIG FEELINGS
BRITNEY LEE
E LEE

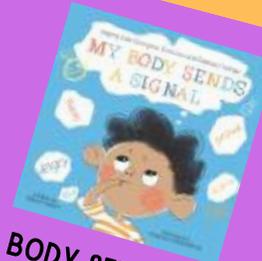
OUR LIBRARY DOES NOT HAVE ANY BOOKS AVAILABLE ABOUT THE SPECIFIC TOPIC OF SAFE SPACES, SO A LIST OF BOOKS ABOUT EMOTIONS IS INCLUDED INSTEAD.



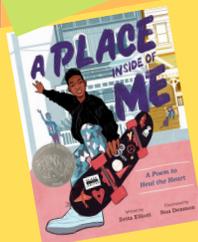
MY FEELINGS AND ME
HOLDE KREUL
J 152.4 KRE



GENTLE HANDS AND OTHER SING-ALONG SONGS FOR SOCIAL-EMOTIONAL LEARNING
AMADEE RICKETTS
J 782.4208 RIC



MY BODY SENDS A SIGNAL
NATALIA MAGUIRE
J 155.4124 MAG



A PLACE INSIDE OF ME
ZETTA ELLIOTT
OVERDRIVE



FRED'S BIG FEELINGS
LAURA RENAULD
OVERDRIVE

TIPS FOR PARENTS

THIS ACTIVITY HELPS CHILDREN IDENTIFY WHAT MAKES THEM FEEL SAFE. THEY MAY MENTION FAMILY MEMBERS OR FRIENDS THAT THEY WOULD WANT IN THEIR SAFE SPACE, OR ITEMS THAT MAKE THEM FEEL SAFE, LIKE A STUFFED ANIMAL OR A PICTURE OF A LOVED ONE. THEY MIGHT CHOOSE TO MODEL THEIR SAFE SPACE OFF OF A REAL SPACE THAT ALREADY MAKES THEM FEEL SAFE.

THIS ACTIVITY CAN LEAD TO THE CREATION OF A REAL SAFE SPACE, LIKE A CALM CORNER AT HOME. CHILDREN CAN REFER TO THEIR MODEL AS A PHYSICAL COPING TOOL WHEN THEY NEED A SAFE WAY TO EXPRESS THEIR EMOTIONS. THIS ALSO HELPS THEM DEVELOP AN IMAGE OF A SAFE SPACE THAT THEY CAN "VISIT" MENTALLY WHEN THEY DO NOT HAVE THEIR MODEL, TOOLS, OR ACCESS TO THEIR REAL SAFE SPACE.

DISCUSSION TOPICS/ QUESTIONS

- WHO IS IN YOUR SAFE PLACE?
- WHAT IS IN YOUR SAFE PLACE?
- WHAT MAKES THIS PLACE FEEL SAFE TO YOU?
- HOW CAN WE MAKE THIS MODEL OF A SAFE PLACE COME TO LIFE?
- HOW CAN YOU USE THIS SAFE SPACE TO EXPRESS YOUR FEELINGS?
- WHAT COULD YOU DO TO FEEL SAFE IF YOU ARE NOT NEAR YOUR ACTUAL SAFE SPACE?

WHICH STANDARDS DOES THIS ACTIVITY MEET?

A1. 3.A
IDENTIFY APPROPRIATE TIME AND PLACE TO SAFELY PROCESS EMOTIONS, INDEPENDENTLY OR WITH THE GUIDANCE OF A TRUSTED ADULT

A3. 3A

DESCRIBE SITUATIONS OR LOCATIONS THAT FEEL SAFE

WHERE CAN I LEARN MORE?

- [HTTPS://WWW.ACTIONFORHEALTHYKIDS.ORG/ACTIVITY/CALM-DOWN-CORNER/](https://www.actionforhealthykids.org/activity/calm-down-corner/)
- [HTTPS://CREATIVITYINTHERAPY.COM/2017/09/CREATE-SAFE-PLACE/](https://creativityintherapy.com/2017/09/create-safe-place/)
- [HTTPS://SELFPREVENTION.COM/CREATING-EMOTIONAL-SPACE-CHILDREN/](https://selfprevention.com/creating-emotional-space-children/)



INSIDE SPACE-SENSORY AND COPING TOOLS

