Feeling safe

When something scary has happened we can sometimes feel unsafe even after the danger has gone.

Draw or write about yourself when you are feeling safe. Think about what makes you feel safe and what your body feels like when you are feeling safe.

Can you think of a real-life place where you feel safe? _____

_____

It can also be nice to think of imaginary safe places. Draw or write about your imaginary safe place. How does it look? How does it smell? What sounds can you hear?

Imagining that you are in your safe place is a good way to
fill your body with feel nice, safe feelings.