



My Safe Space Worksheet

A **Safe Space** is a place you create **where you can go to calm down** when you are feeling frustrated or angry. You can fill it with toys, books, games, or other things that help you calm down and relax so you can cope with overwhelming emotions in a healthy way.

Use this worksheet to think about and create your very own **Safe Space**.

What will I name my Safe Space?

Where will it be? *Pick a place that is quiet so you can focus...*

How will I know when it's time to go there?

The best time to visit is when you start to feel overwhelming emotions like anger. What happens to your body and mind when you start feeling overwhelmed? Write them down!

What will it look like?
How will you design your special place? Draw it!

What toys, books, or games will I put there?

Some ideas are coloring books, crafts, play dough, puzzles, stuffed animals, and journals...

