



My Safe Space



Circle or list the people, places, or activities that make you feel safe to be yourself, no matter if you're feeling happy or sad. A safe space is full of acceptance!

People

Safe people accept you as you are and are always there to listen and support you.

- parent
- grandparent
- brother or sister
- teacher
- pet

Places

These safe places always make you feel calm and secure.

- home
- school
- friend's house
- classroom
- park
- grandparent's house

Activities

These activities make you feel good and let you express yourself.

- sports
- reading
- playing
- cooking
- school club
