

My Safe Spaces

A **safe space** is a person, place, or activity that helps you feel calm and comfortable and lets you be yourself. Your safe space is there for you no matter how you feel--happy or sad, talkative or quiet, brave or scared.

Below are some examples that might feel safe to you. **Circle your safe spaces or write in your own.**

People

Safe people listen to you, support you, and accept you for who you are.

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

Places

Safe places help you feel calm and secure.

- home
- school
- park
- friend's house
- grandparent's house
- church or temple

Activities

Safe activities let you express yourself and help you feel good.

- after-school club
- sports
- reading
- music
- computer, tablet, or phone
- playing

My Safe Spaces

Draw your favorite safe spaces.

A large, empty rectangular area defined by a thick, dashed green border. This area is intended for the user to draw their favorite safe spaces.