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

**Places**
- home
- school
- park
- friend’s house
- grandparent’s house
- church or temple

**Activities**
- after-school club
- sports
- reading
- music
- computer, tablet, or phone
- playing
Draw your favorite safe spaces.