



My safe place

Everybody close your eyes and think about a place where you feel happy, safe and calm.



Draw, dance, or take picture of your safe, place.



draw, or add picture

Colour in your heart to show how your safe place makes you feel.

Happy =



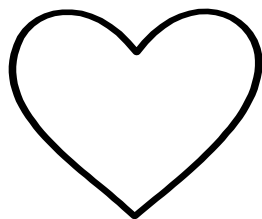
Calm =



Loved =



Relaxed



On the tree, add their photos or draw people that make you feel safe.

