

My Safe Place



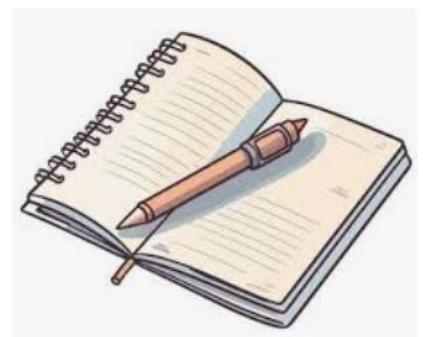
Take a slow breath. This activity is all about you, your comfort, and what helps you feel calm and grounded. There are no right or wrong answers—just be honest and gentle with yourself.

Step 1 - Visualise and draw: Close your eyes for a moment and imagine a place where you feel safe, calm, and at ease.

- Where are you?
- What do you see, hear, or smell?
- Are you alone or with others?



When you're ready, draw your safe place in the space below. Stick figures, symbols, colours—anything goes.



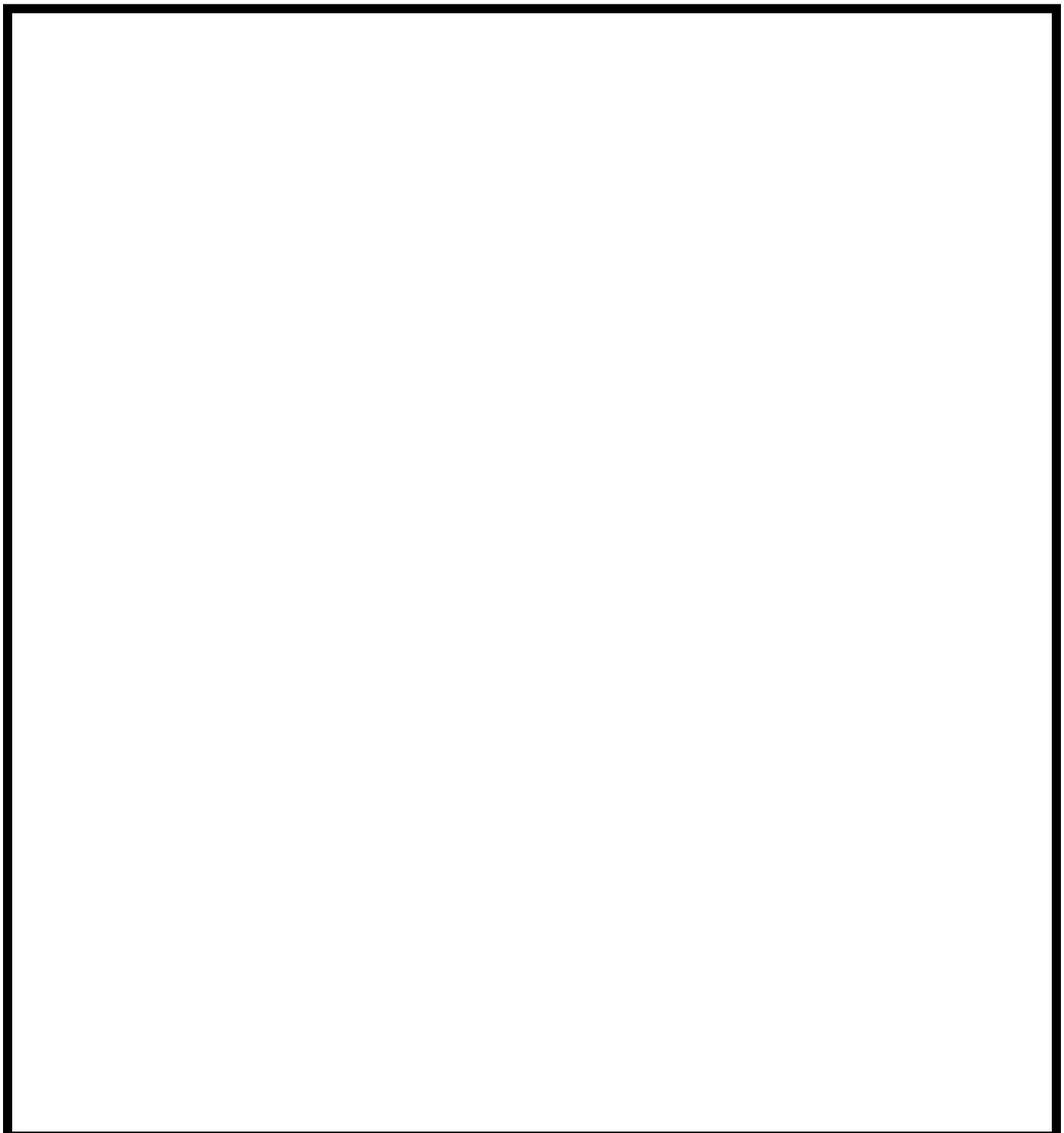
Step 2 – Reflect in Writing: Write a short paragraph starting with:

"A place where I feel I belong is..."

You might include:

- *Why this place matters to you*
- *How you feel when you're there*
- *What makes it feel safe or comforting*

Take your time. A few sentences is enough.

A large, empty rectangular box with a black border, occupying most of the page below the text. It is intended for the user to draw their own mind map.

Step 3 - Create your mind map

In the centre write “**My Safe Place**”. From there, draw branches and add words, phrases, or small drawings for each section below.

💛 People

- Who helps me feel safe?
- Who can I talk to when I need support?



📍 Places

- Physical places that support my wellbeing
- Spaces where I feel calm, accepted, or relaxed

Closing Thought

Your safe place can change over time—and that's okay. You can return to this page whenever you need a reminder of what supports you.

Be proud of yourself for taking this moment. 💛

