

My Safe Spaces

Instruction page

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Activity Type

Theme:
Explorative
Conversation tool

Challenge Level
Moderate

Resource Format:
Interactive
worksheet
Talking tool
PDF worksheet

Participation Style:
1:1 activity
Group activity - solo
play.

Age: 3-18+

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General Activity Info

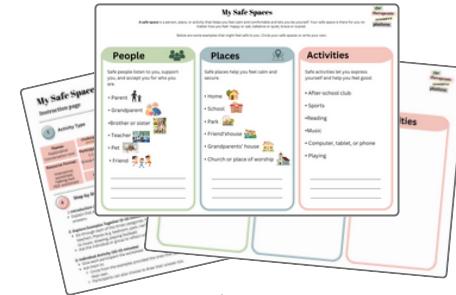
This activity helps children and young people identify and express who and what makes them feel safe, calm, and supported. It also gives them the opportunity to creatively explore and reflect on these sources of comfort by drawing or writing about them.

Therapeutic Benefit:

Recognising and naming safe people, places, and activities helps build emotional resilience and supports self-regulation. Drawing their safe space also encourages creativity and self-expression, which can be especially valuable for children who struggle with verbal communication.

Target Group:

Children and young people (can be used in 1:1 settings, small group work, or class-based sessions).



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Materials Needed

- Print and cut out the resource.

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Step by Step Instructions

1. Introduction (2-5 minutes):

- Start with a gentle discussion on safe spaces.
- Explain that everyone's safe spaces are different and there are no wrong answers.

2. Explore Examples Together (5-10 minutes)

- Go through each of the three categories: People (e.g. friend, pet, sibling, teacher), Places (e.g. bedroom, park, nan's house) and activities (e.g. listening to music, drawing, playing football)
- Ask the individual or group to reflect on what feels safe to them and why.

3. Individual Activity (10-15 minutes)

- Give each participant the worksheet
- Ask them to:
 - Circle from the examples provided the ones that apply to them or write their own.
 - Participants can also choose to draw their answer too.

4. Optional Sharing & Reflection (5-10 minutes)

- Invite participants to share one of their drawings or something they wrote.
- Discuss questions like:
 - “What makes this person/place feel safe?”
 - “How can you use this safe space when you're having a hard time?”

5. Follow-Up Ideas

- Create a "My Safe Space" display board or collage in the group/classroom.
- Make mini "safe space cards" they can carry or keep in their bags or lockers.
- Revisit this activity in future sessions to see how their answers evolve over time.

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 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



- Grandparents' house



- Church or place of worship

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!

the
therapeutic
resource
platform

Draw your favorite safe spaces.

People

Places

Activities