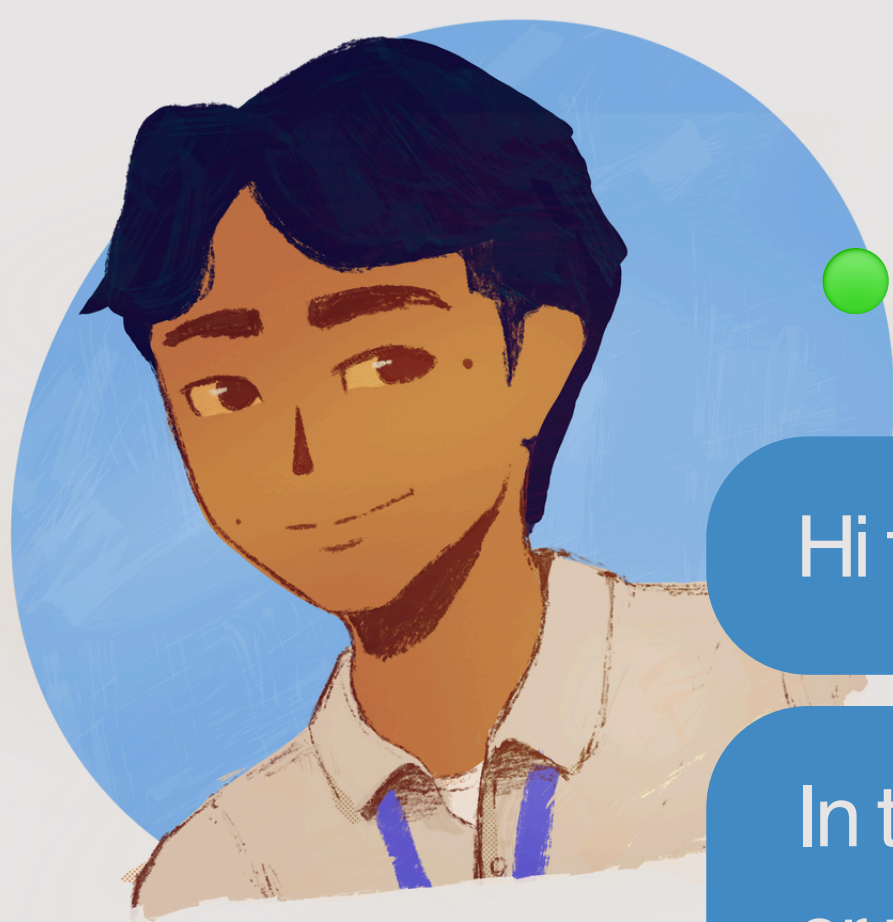


# Activity Sheet:



*My* Safe Spaces



• Kevin

Hi there!

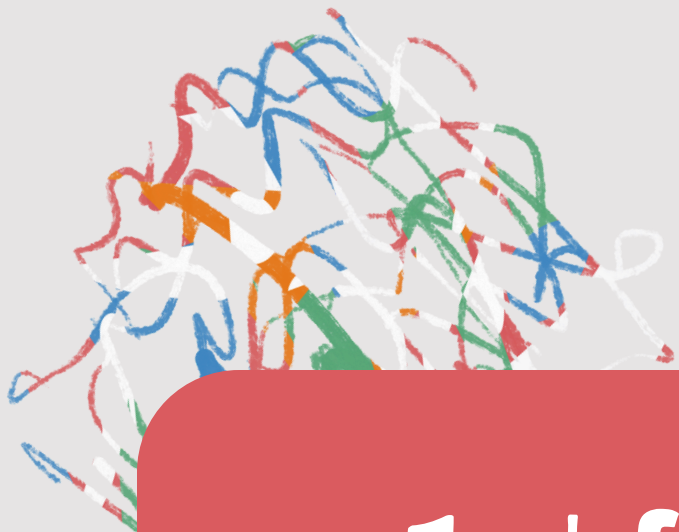
In this activity, we will identify one or more of your safe spaces.

In the past month, do you remember any instances where you felt that you were in a safe environment?

Keeping that mind, fill in the blanks of the following statements.



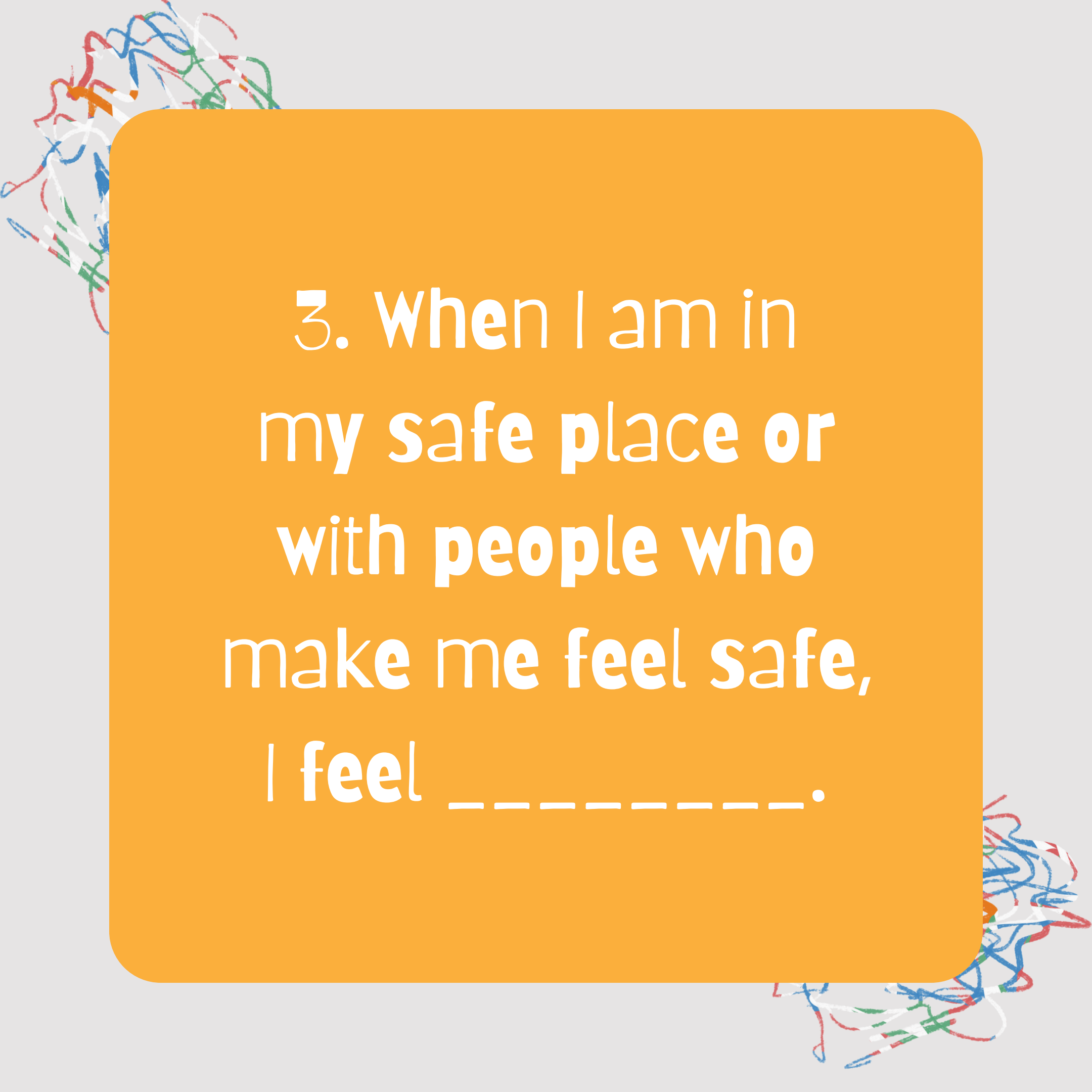




**1. I feel safe when**  
I am at \_\_\_\_\_  
**because** \_\_\_\_\_.

2. I feel safe when  
I am with \_\_\_\_\_  
because \_\_\_\_\_.






**3. When I am in  
my safe place or  
with people who  
make me feel safe,  
I feel \_\_\_\_\_.**



4. **When I am in my  
safe place, my body  
feels \_\_\_\_\_.**



5. An image,  
metaphor, or object  
that reminds me of  
my safe space is

-----•

**6. I can strengthen  
and protect my safe  
space by \_\_\_\_\_.**







• **Kevin**

Great job!

Now, let us take the time to look at each of the sentences you have made and visualize them one-by-one.

Recall the moments when these safe spaces helped you and brought you comfort.





# • Kevin

While you are imaging these, write down the story or stories that are connected to your safe space.

Don't be afraid to get as detailed as you can, okay?

Here are some more questions that can help you recall your safe spaces.



What **were** the **emotions** that  
**you were feeling** during  
**these instances?**

What did **you feel** in **your body?**

What **other** details did **you** notice  
just **now while recalling** the  
**memory or memories?**







# • Kevin

Allow yourself to return to these safe spaces, and remember the emotions that you felt.

You can anchor or draw strength from these memories and spaces when you experience difficulties.

Remember it is important to keep these safe spaces with you wherever you go.



# RAINBOW FUND

THE PROJECT

