

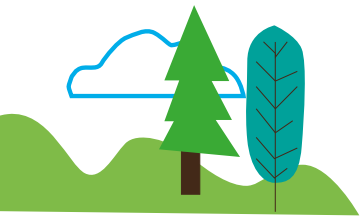


Supporting Families

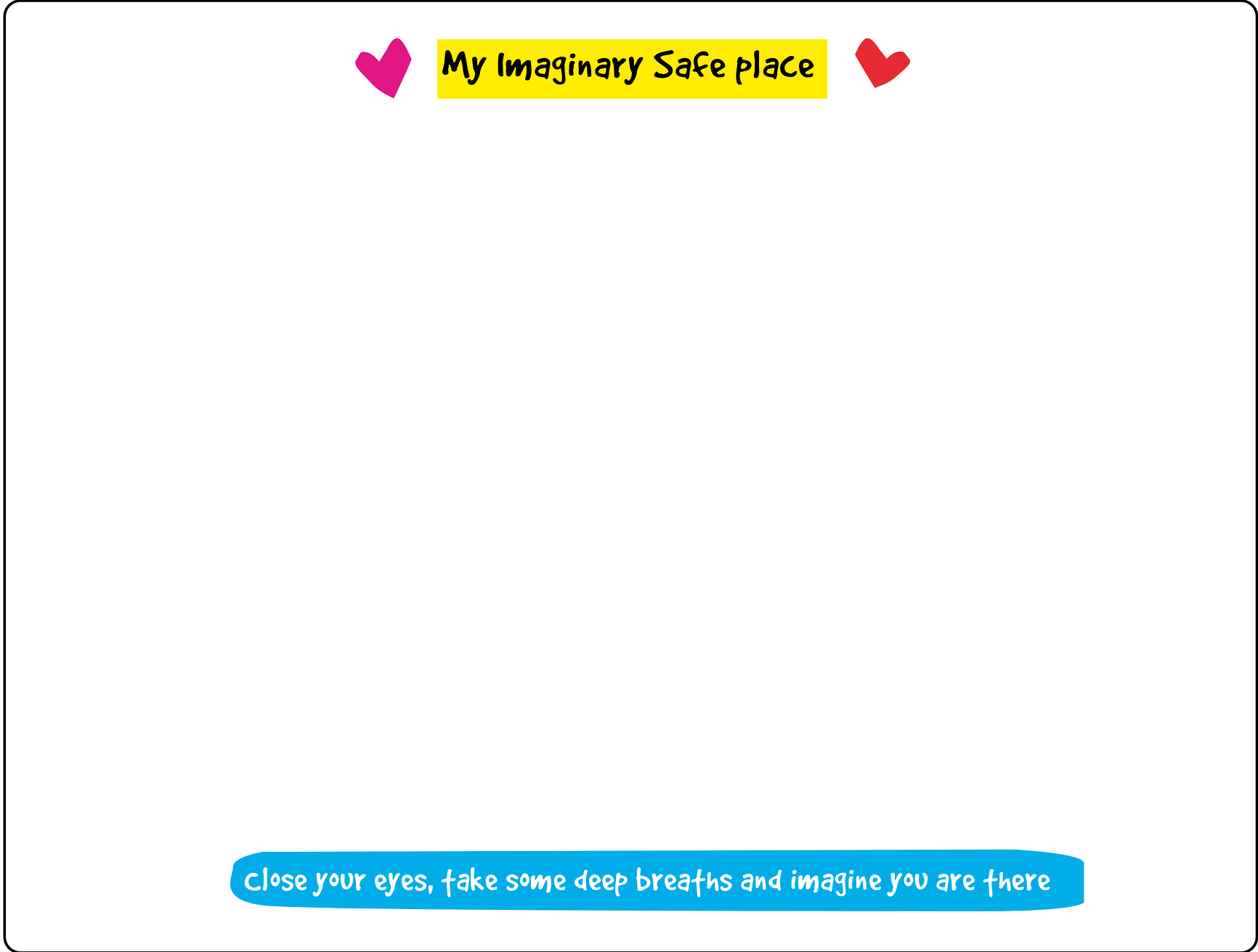
Creating a safe place is a lovely way to prepare for stressful moments before they happen. Imagine a magical safe place and try and draw it (or even stick a picture down that makes you feel calm). It could be anything: a beach, a forest or a football pitch. It's a special place to go in your mind when feeling stressed or worried.

If you want to chat
We're here for you

children1st.org.uk/parentline



My Imaginary Safe place



Close your eyes, take some deep breaths and imagine you are there

If you can't print this sheet, all you need is paper make your safe place picture



♥ Parent & carers info ♥

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Help your child build a clear picture of their safe place. What does it feel like there? What can they see, hear, smell and touch? Ask them to give their safe place a name. They could do a drawing or some craft to make a picture of it. When moments of tension or anxiety come up you can suggest that your child thinks about their safe place. Use the name they chose and let them know it's always there.

You can help your child engage with this activity by creating a safe place of your own. It's useful for us all to find moments of quiet and calm. Try doing the activity alongside your child. It will help them see that everyone needs to find ways to look after themselves.



Call 08000 28 22 33 free
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