

MY SAFE SPACE

When things bother me, I can go to my **Safe Space** in my mind

ACTIVITY: Create a picture on a blank piece of paper.

Things to include: What you can see, hear, smell. Who/what is there with you?
What are you doing when you are there?

ACTIVITY: List the positive emotions you feel when there.

ACTIVITY: List the everyday activities that you do that create the same positive emotions for you? How can you create that same positive emotion during COVID19?