

Your safe place

Imagine a place where you feel safe. No one can bother you. No one can talk to you. In this safe place you feel calm and relaxed. You love your safe place. When you close your eyes you can see your safe place. What can you see? What can you hear? What can you smell? What can you feel? Your safe place can be real or it can be imaginary such as at the top of a mountain or on a hot sunny beach. It is your place so it can be anywhere you choose. Now draw a picture below of your safe place. Put as much detail as possible into your drawing.

