



# THINGS THAT MAKE ME FEEL

# SAFE

Exploring the people, places, things and support that help me feel safe, calm, and secure in my world. ♡



Includes two versions:

Version 1: For teens and adults

Version 2: For younger children

Your needs matter. ♡ Your feelings are valid. ♡ You are enough, just as you are.

# INTRODUCTION

Supporting emotional safety...



## Feeling safe is important.

When we feel emotionally safe, we are more able to:

- ♥ learn
- ♥ connect
- ♥ communicate
- ♥ rest
- ♥ regulate
- ♥ grow
- ♥ be ourselves



This printable pack has been created to help children, young people, and adults explore the people, places, sensory experiences, routines, and supports that help them feel calm, safe, understood, and supported.

## Everyone experiences safety differently.

For some people, safety might look like:



quiet spaces



trusted people



routines



sensory comfort



clear communication



time alone



movement



special interests



rest and reassurance

There are no right or wrong answers when completing these pages.

## The activities can be used:

- independently
- with family members
- in schools
- in support sessions
- as conversation starters
- as emotional wellbeing tools



Some people may prefer to write, draw, talk, or revisit the pages over time.

You do not need to complete everything at once.

## Take what feels helpful. Leave what doesn't.



## Most importantly:

your needs matter

your comfort matters

your safety matters

You are allowed to have needs. You are allowed to take up space.  
 You are allowed to feel safe. You are enough, just as you are.



# Things That Make Me Feel

# Safe

Feeling safe helps me be myself, calm my body and mind, and face the world.

I have the right to feel safe.  
My needs matter.  
I am allowed to take care of myself.



## 1 People Who Help Me Feel Safe

Who are the people I trust?  
Who makes me feel calm, accepted, and supported?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## 2 Places Where I Feel Calm

Where do I feel safe?  
What places help me relax and be myself?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## 3 Things That Help When I'm Overwhelmed

What things help me when I feel worried, upset, or overwhelmed?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## 4 Sensory Things I Enjoy

What sounds, textures, smells, tastes, lights or movements do I like?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## 5 What Helps Me Regulate

What helps my body and mind feel calm, relaxed and balanced?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## 6 What I Need From Others

What helps me feel safe in relationships?  
What do I need from others?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## 7 Signs I Might Not Feel Safe

What might I notice in my body, thoughts or feelings when I don't feel safe?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## 8 Small Things That Comfort Me

What little things make me feel better or bring me comfort?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



There is no right or wrong way to feel safe. Your safe is allowed to look different. You know yourself best.



It's okay to need something.



My feelings are valid.



I deserve to feel safe.



I can take care of myself.



I am allowed to rest and recharge.



I am enough, just as I am.



Safe is not a luxury. It is a need. You matter. Your comfort matters. Your safety matters.





# THINGS THAT MAKE ME FEEL SAFE

Feeling safe matters. Your needs are important.

It's okay to need quiet, rest, or support.

Everyone feels safe in different ways. These are some of the things that help me.



**1. People who help me feel safe**

These are people I trust, who listen and care about me.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**2. Places where I feel calm**

These are places where I can relax, breathe and be myself.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**3. Things that help when I'm overwhelmed**

These things help me when I feel too much.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**4. Sensory things I enjoy**

These sensory things help me feel calm, happy and comfortable.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**5. What helps me regulate**

These things help my body and mind feel more settled.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**6. Things I need from others**

These are things that help me feel understood and supported.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**7. Signs I might not feel safe**

These are signs that tell me I might need support or a break.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**8. Small things that comfort me**

These little things bring me comfort and help me feel safe.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I have the right to feel safe. My feelings and needs matter. I am enough, just as I am.

## Reminders for me

I deserve to feel safe.

It's okay to ask for help.

My needs are valid.

I can take care of myself.

I am allowed to take up space.

Safe looks different for everyone. There is no right or wrong way to feel. You know yourself best. You are allowed to choose what feels safe for you.