Building my Sense of Safety

What helps you feel safe (person, place, object)?

Is there anything you keep with you to help you feel safe and loved? (teddy, photo, cushion)

How can other people help you feel safe when you are with them?

What is your favourite thing to do that makes you feel happy or relaxed? (eg: music, reading, games)

What makes you feel scared or anxious?

How would people know if you were feeling scared/anxious? Could you find a way to let people know?

Do you notice any changes in your body when you feel afraid or anxious? (Heart beat faster, sweaty palms, tunny ache)