

# SAFE PLACE



A safe place is where I can go to calm my body



Everyone has feelings



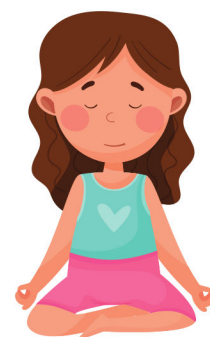
I can feel happy, sad or mad sometimes — all these feelings are okay!



If any of these feelings feel too big, I can go to the safe place to help me calm down



I can read a book



I can take deep breaths



I can play with a fidgeting toy



If I need a hug, I can ask for one



The safe place can help me feel better when my feelings are too big

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