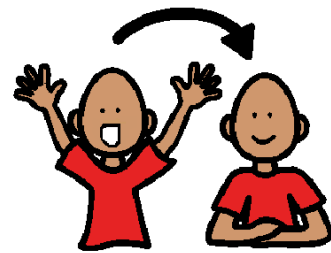


My Safe Place

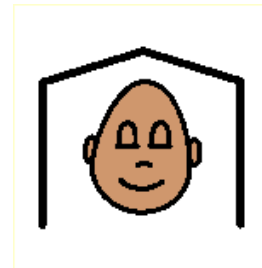
Sometimes at home I can feel upset



When I get upset I need to calm down



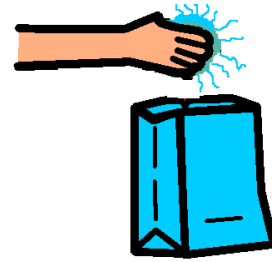
When I need to calm down I can go to my safe place



I will sit down in my safe place



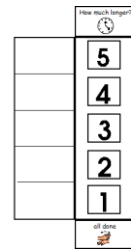
I may take some things out of my calm bag



I may hold squeeze the sensory toy or play with the tangle toy



When I go to my safe place I will take a timer or countdown card. I can stay in my safe place until the timer or countdown runs out.



Then I can go back and play

