

# Kooth Activity Sheet



**ENERGY LEVEL:**  
Grounding



**NO. OF PEOPLE:**  
1+



**ESTIMATED TIME:**  
15mins

## Creating a safe space

### ACTIVITY OBJECTIVE:

To help young people visualise and create an imagined safe space they can use to help find calm in times of stress or anxiety.

### MATERIALS REQUIRED:

1. A quiet room
2. Cushions or seats

### INSTRUCTIONS:

1. Tell young people a story that helps them imagine entering a peaceful, safe space.

For example: "You are walking home and you come across a floating door on the pavement. You reach out and open the door, which takes you to a place where you feel safe, secure, and happy."

2. Ask questions to help young people think about what their safe space might be like: What does this space look like? What does it smell and sound like? Who is there with you - friends, family, pets? What do you like to do in your safe space - sleep, draw, read, play games, exercise?

\* Note: You can ask young people to close their eyes and try to imagine their safe space in as much detail as possible, if they feel comfortable.



Get free, confidential mental health support at [go.kooth.com/6w7x](https://go.kooth.com/6w7x)

At Kooth, you can chat anonymously with a mental health practitioner, access a self-help library of articles, and connect with a community of young people easily from your phone or tablet.

## **Extended activity: a creative reminder of your safe space**

It might be helpful and fun to find creative ways to help you return to your safe space. If you like writing, you could write down all the details of what your safe space looks and feels like; you could even write a short story or journal entry about what it's like to be there. You could also try drawing or painting your safe space, or record yourself describing it in an audio or video clip. Recording these things can help you return to your safe space whenever you need to wind down and relax.