

High Five Friday

Take Notice Activity

Visualisation

- Sit in a comfortable position.
- Close your eyes and take deep breaths.
- Think of a place that they feel or felt most safe and relaxed. A place where they have happy memories such as holidays, a trip to the beach, visiting a relative, going to the park etc. Wrap up warm with coat, hat, scarf, gloves and comfortable shoes.
- Now think about...

What they see?

Who is there?

What sounds do they hear?

What can they smell?

Did they have anything special to eat?

How does this make them feel?

- Complete 'My Calm Safe Place' worksheet.