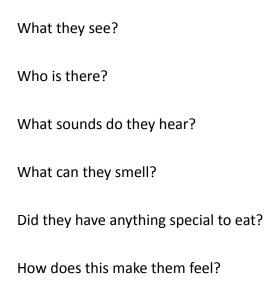
High Five Friday

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...



• Complete 'My Calm Safe Place' worksheet.