

# Safe Space Pillowcase

There is a lot going on in the world right now. It can be scary, overwhelming, and stressful for children. Creating a sense of safety is important to help manage these emotions.

What makes you feel safe? What makes you feel comfortable and secure?

## Materials:

All you need for this activity is a light-colored pillowcase and some markers! Cheap pillowcases could be ordered on Amazon or found at store such as Walmart or Target. As an alternative, you can use a poster board.



This activity helps establish a safe and comforting space for children, allowing them to relax and feel secure, in turn promoting healthy growth and development. Encourage your child to draw people, places and objects that make them feel safe on the pillowcase. They can also write words of encouragement or ways they can cope when stressed. Bedtime is a time when people tend to naturally think more. Looking at these reminders of safety before bed can help to alleviate any stress or anxiety they may be feeling.

