

My Safety Scavenger Hunt

1. Find something you notice you feel happy when you look at it (can you hold it too, or is it in a book perhaps?)
2. What smell do you feel safe with – can you find that smell today?
3. Can you find something that's your safe colour?
4. Is there a sound you feel safe and secure with? Where did you last hear that? Can you hear it today?
5. Find something that when you hold it you feel happy
6. Is there something you've eaten that gives you memories of a safe and happy time?

Create a piece of art which represents your safe senses feelings; it could be a drawing, a collage, a photograph, a model, a painting... whatever you like

Did you learn something new about someone when they showed you their safe feelings art work?