

My Safe Haven with Ruby Jones

My Safe Haven is about creating an image of calmness: the space you can put yourself into mentally when the world around you feels a bit too overwhelming. Turn your little haven into an outdoor picnic space, a magical world of stars and rainbows or a cosy little corner filled with all the things that make you feel good.

Materials

- Scissors
- Glue Stick
- Paper A4 or A3
- BIC Intensity Pencils, Markers, Fine Liners and Dual Tip Felt Pens
- Grey lead pencil

TIP — Think outside the square (literally). Your safe haven can be set in any season, any country, any year, any kind of universe you like – it doesn't have to make sense to anyone but you!

Step 1

Print out the templates onto any kind of paper you like. Remember if you use white or lighter coloured paper, your markers and pencils will show up more vibrantly.

Step 2

Start by thinking about the times when you feel the most calm, safe, happy and warm. What does that space look like in your mind? Make a list.

Step 3

Look at the activity sheet and think about what items could help bring those feelings to life in your safe haven. You can even put a little version of yourself in there if you'd like to!

Step 4

Once you have your items chosen, cut them out with scissors and start placing them onto your template.

Step 5

When you're happy with what you've chosen, stick down each item using a glue stick.

Step 6

Now is the fun part! Colour in each item using your favourite BIC Intensity markers/pens/pencils.

Step 7

Draw or stick in any extra features of your own – get as creative as you like, this is your space!

Step 8

Once your safe haven is complete you can put it up on your wall, sit it on your desk or keep it tucked away in a drawer for whenever you might a little reminder of calmness.

MY SAFE HAVEN



MY SAFE HAVEN



MY SAFE HAVEN

