

SAFE PLACE/COZY CORNER ESSENTIALS

- Stress relief pictures – breathing techniques, symbols (i.e. STAR, draining, pretzel, ballooning)
- Pillows
- Bean bag chair
- Large stuffed animals
- Rocking chair
- Play dough/rolling pin/clay tools
- Listening station (i.e. classical music)
- Books/books on tape
- Stress relief balls
- Water bottle with floaters
- Lotion



Snuggle Up

Snuggle up, children
In your safe place.
You can go there,
To have your own space.
When you feel scared
And want to feel loved,
Just cuddle yourself
And the bear with a hug.