EXERCISE: Create Your Sensory Safe Space

Design one place where your nervous system can calm down

My sensory safe space is: _____

What makes it calming: _____

_____

_____

What I need to add or change: _____

_____

_____

What I will keep in this space:

- Comfort items (blanket, pillow, plushie)
- Sensory tools (headphones, fidgets, eye mask)
- Lighting adjustments (lamp, dim light, candles)
- Sound control (music, white noise, silence)
- Other:

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Tip: This space is about regulation, not productivity.