

Where Growth feels Safe

## WORKSHEET 1 —

# ORIENTING TO SAFETY

*A gentle grounding practice to help your body recognise safety in the present moment.*

### **Why this helps**

This practice helps your nervous system recognise cues of safety in the present moment, supporting grounding and emotional regulation.

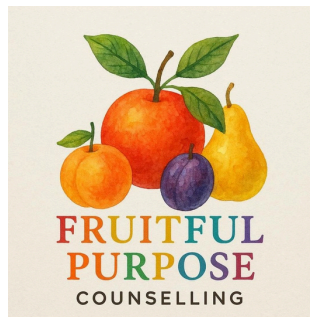
Look around your space

Notice sounds

Feel your body supported

Take one slow breath





Where Growth feels Safe

## WORKSHEET 2 —

# HAND-OVER-HEART BREATHING

*A calming practice to support emotional regulation.*

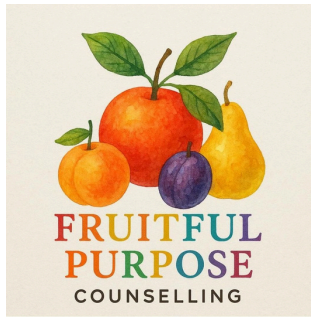
### **Why this helps**

Placing a hand over your heart activates warmth, connection, and a sense of safety, helping the body settle.

### **Try it**

Place one hand gently over your heart. Take a slow breath in through your nose. Exhale gently through your mouth. Notice any warmth, softening, or settling.

Reflection



Where Growth feels Safe

### WORKSHEET 3 —

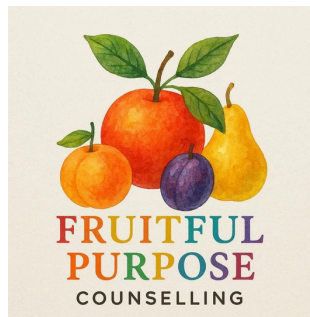
## NAME & NOTICE CHECK-IN

What am I feeling right now?  Calm  Anxious  Sad  Overwhelmed  Hopeful  Tired  Frustrated  Content  Other: \_\_\_\_\_

Where do I feel it in my body

What might this feeling need

One small action I can take



Where Growth feels Safe

## WORKSHEET 4 —

# 60-SECOND BODY SCAN

Instructions Take a slow breath. Gently scan your body from head to toe.

Head / Face

Neck / Shoulders

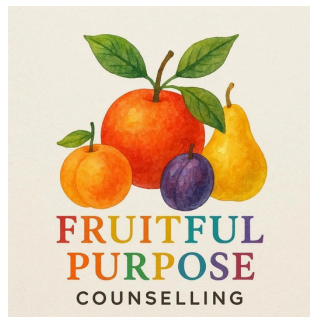
Chest / Back

Arms / Hands

Stomach / Hips

Legs / Feet

One area that needs care today



Where Growth feels Safe

## WORKSHEET 5 —

# VALUES MICRO-REFLECTION

Today's value that feels important  Kindness  Courage  Honesty  Rest  Connection  Faith   
Growth  Compassion  Other: \_\_\_\_\_

One small action that honours this value

End-of-day reflection  I honoured this value  I partly honoured this value  I found it difficult



Where Growth feels Safe

## WORKSHEET 6 —

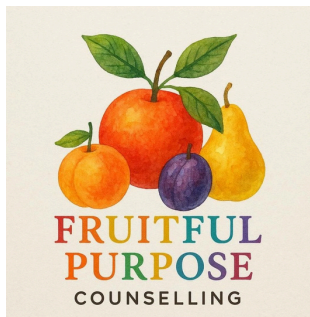
# SENSORY ANCHOR

Choose your sensory anchor

- Smooth stone
- Soft fabric
- Essential oil
- Warm drink
- Weighted object
- Other: \_\_\_\_\_

When I hold or use this item, I notice

One slow breath



Where Growth feels Safe

## WORKSHEET 7 —

# ONE-MINUTE RESET

Step 1 — Pause Notice where you are and how your body feels.

Step 2 — One slow breath In through the nose, out through the mouth.

Step 3 — Ask “What do I need right now?”

My next small step