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Template: Creating Safe Space - Developing a Mobile Safe Space and Healing Initiative

Templates on how to create a safe space and consider community needs when facilitating.
Includes sample room layout and checklist.

Things to Consider for Community Needs

Things to Consider

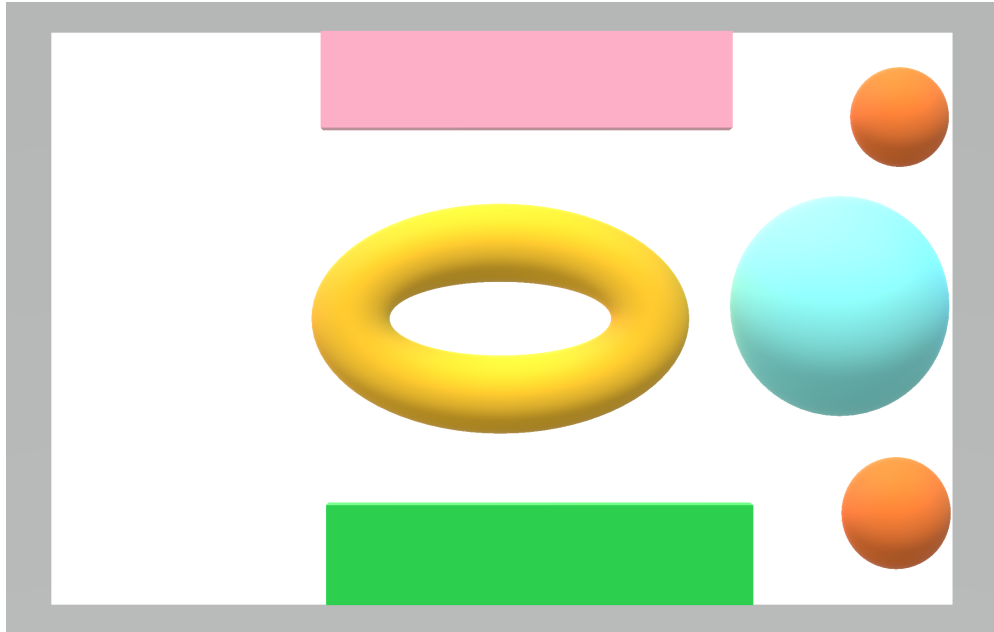
- How much do you know about what the community needs?
- Essential Questions
 - People define healing in different ways, how do we define it?
 - Is what we are providing what people actually want?
 - Do you have capacity to have ongoing conversations? (this is essential)
 - How is the space that we create accessible?
 - What support can we offer to help folks come back to the space?
- You may want to explore partnering with other organizations/collectives who do emotional justice/healing work
- What is the self care plan for the healers?
 - What are the boundaries and limitations?
 - Folks who are holding the space need to be aware of how to identify their triggers



Logistics

- Need to set up a referral system
- What are the skills that we have in house that can be offered consistently for a 12 month period after initial launch?
 - Remember, consistency is key
- Need to always have reflections and evaluations
- Community Mapping
 - Who is interested?
 - How can we build relationships with community?
 - Dinners, listening sessions, etc.
 - Be transparent about what we want to offer community members
 - Go to where community is

Sample Room Layout



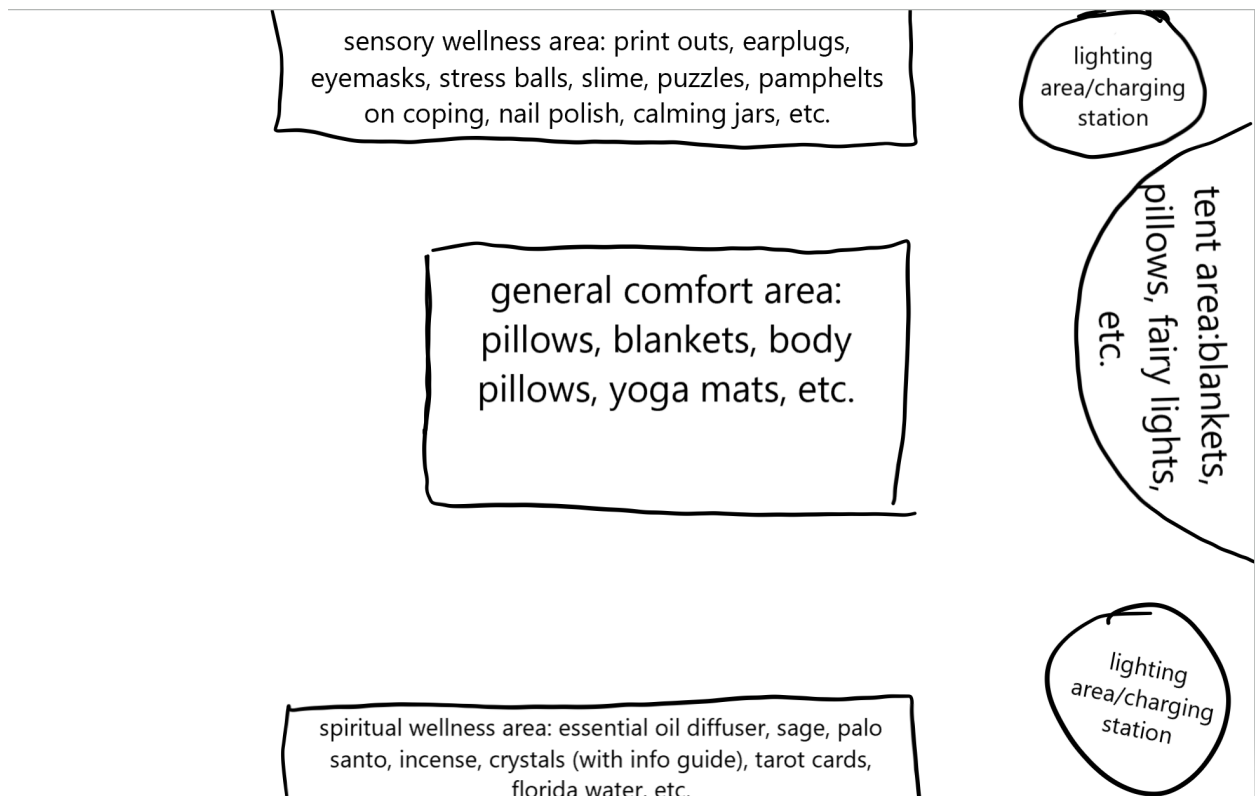
Color Scheme: Peach, Lavender, and Light Blue

Key

- Yellow -- Community Comfort Zone. This area is for folks to be comfortable in the presence of other people. This is a more open space.
 - Pillows (regular, body pillows, etc.)
 - Yoga Mats
 - Blankets
 - Etc.
- Light Blue -- Self Comfort Zone. This area is for folks to be comfortable in a more isolated place. This is for folks who need to be away from people.
 - Tent
 - Pillows (regular, body pillow, etc.)
 - Blankets
 - Yoga Mats
 - Etc.
- Orange -- Recharge Zone. This area is for folks to charge their phones. All things needing electricity can be found here.
 - Power strip
 - Salt Lamp
 - Electric kettle
 - Etc.

- Pink -- Sensory Wellness Zone. This area is for folks to engage in sensory stimulation. This area is focused on the physical and emotional aspect of wellness.
 - Printouts (coloring pages, emotional checklists, etc.)
 - Earplugs
 - Eye masks
 - Stress balls
 - Slime
 - Pamphlets on coping
 - Nail polish (and remover)
 - Calming jars
 - Etc.
- Green -- Spiritual Wellness Zone. This area is for folks to engage in spiritual wellness and stimulation.
 - Tarot cards
 - Florida water
 - Selenite Crystals
 - Incense
 - Sage
 - Etc.

Original Rough Draft Layout



Safe Space Master List

Color Scheme: Peach, Lavender, and Light Blue

Room Set-Up

- Dim lighting
 - Rope lights or fairy lights
 - Salt lamp
- Printouts
 - Coloring pages
 - Document titled: Coloring Pages with Self Care Reminders (print 5 copies)
 - Self-care assessments
 - Document titled: Goal Setting Worksheet (print 20 copies)
 - Documents titled: Self Care Sheet 1 - 4 (print 20 copies of each)
 - Journaling
 - Document titled: Journaling Space (print 20 copies)
- Blankets
 - Weighted blanket
- Pillows
 - Body pillow
- Tea, hot chocolate, etc
- Electric kettle
- Charging station (extension cord specifically for safe space)
- Tent
- 10 minute counseling sessions
- Water
- Snacks
- Yoga mats
- Masking tape

Sensory Stuff

- Sensory deprivation
 - Ear plugs
 - Eye masks
- Something to help with breathing exercises
 - <https://www.anxietybc.com/sites/default/files/CalmBreathing.pdf>
- Resources sheet for mental health
- Positivity cards (printable links below)
<https://www.dropbox.com/s/d9phg6zxb0y3/Affirmation%20Cards.pdf?dl=0>

- Rubiks cube
- Stress balls

- Puzzles (for mental stimulation)
 - Physical puzzles
 - Crossword puzzles
- Markers, crayons, pencils, and pens
- Positivity posters
- Pamphlets for how to deal with certain situations (check email)
 - Loss
 - General anxiety
 - Depression
 - OCD
 - Fear (of failure)
 - Coping with stress
 - How to take care of yourself during/after burn out
 - General self care
- Fidget cubes
- Fidget spinners
- Note pads
- Stuffed animal (giant bear)
- Calming jars
 - Mason jar
 - Pinto beans
- Slime
 - [Crunchy slime](#)
 - [Regular slime](#)

Spiritual Wellness

- Sage incense cones
- Palo santo incense cones
- Tarot cards
- Incense cones
- Crystals and info cards
- Ocean water
- [Florida water](#)
- Oils (to put into little roll on bottles for skin usage)
 - Lavender
 - Chamomile
 - Rosemary
 - Patchouli
 - Mint
- Essential oil diffuser