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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

![Venn diagram]

What community needs

What we can actually offer

Our organizational capacity

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
- Resources sheet for mental health
- Positivity cards (printable links below)
  - https://www.dropbox.com/s/d9phg6zxbbeb0y3/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