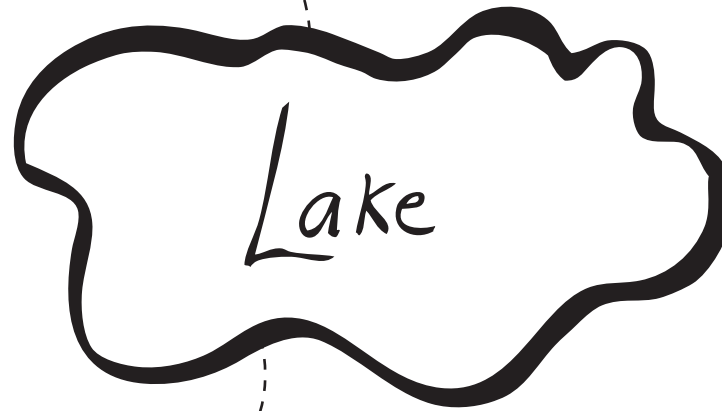
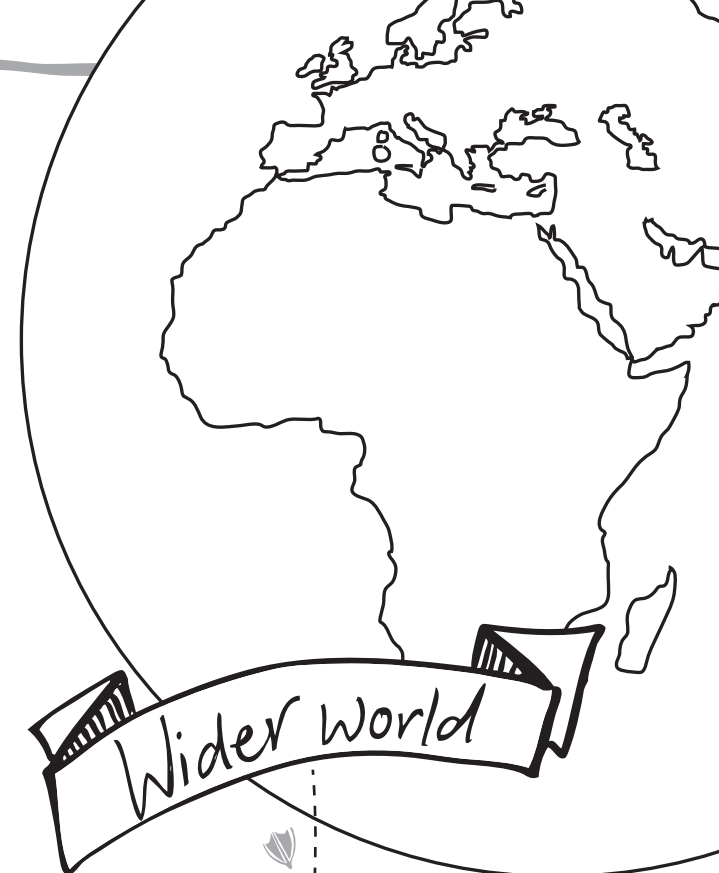
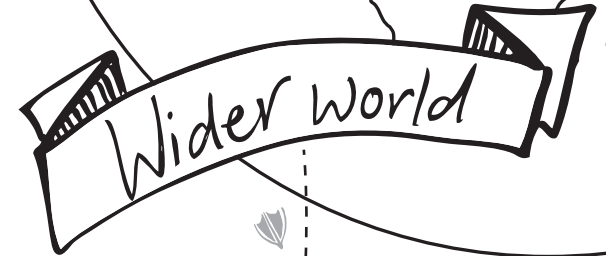


Exploring the environment

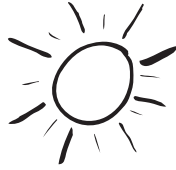
Use this picture to explore what the surroundings will be like when the egg has hatched. Which places are safe and which are scary? You can use colours, words, pictures, collage - there is no right or wrong.



forest



Safe spaces



During the guided visualisation, how did it feel to be 'in the egg'? (You can use words or pictures here)

☹️ Are there any environments that feel scary to you at the moment? Write them down here if you want.

When the duckling is hatched, which parts of the environment might feel safe? What might the duckling need to help it feel safer?

😊 Which places feel safe to you? What activities help you to feel safe? Write as many ideas down here as you can. When you feel overwhelmed you can come back and look at this list to remind yourself. If you can't go there at the moment, you can imagine yourself being there.

Which parts of the environment might feel scary or dangerous to the new duckling?

When you have finished this worksheet, I invite you to go and create a safe place for yourself somewhere in your environment - this could be a small secluded corner or a big den with sheets and cushions! This can be somewhere you go when you need some time out and you could also do an activity there which help you to find some comfort.

