

Safe Space Weekly Planner

Build rhythm, regulation, and connection — one week at a time.

This Week's Anchor

A mantra, reminder, or intention to ground your week.

Example: “Slow is safe.”

Your Turn: _____

Weekly Rhythm

Fill in at most one or two items per day — simplicity builds consistency.

Day	Routines	Sensory Breaks	Emotional Check-In	Connection Time
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Quick Tips

- **Routines:** morning trigger (like breakfast), bedtime, transitions
- **Sensory Breaks:** gentle movement, breathing, outside time, quiet corner
- **Emotional Check-Ins:** a glance-and-ask, color check, emoji face, two-word share
- **Connection Time:** 5-minute moments that feel like safety — a walk, storytime snuggle, shared snack, tiny dance break

Notes + Adjustments

How did it go? What needs changing?

Mini Wins

Light up the week with soft moments you saw or felt.

