

# 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.*

