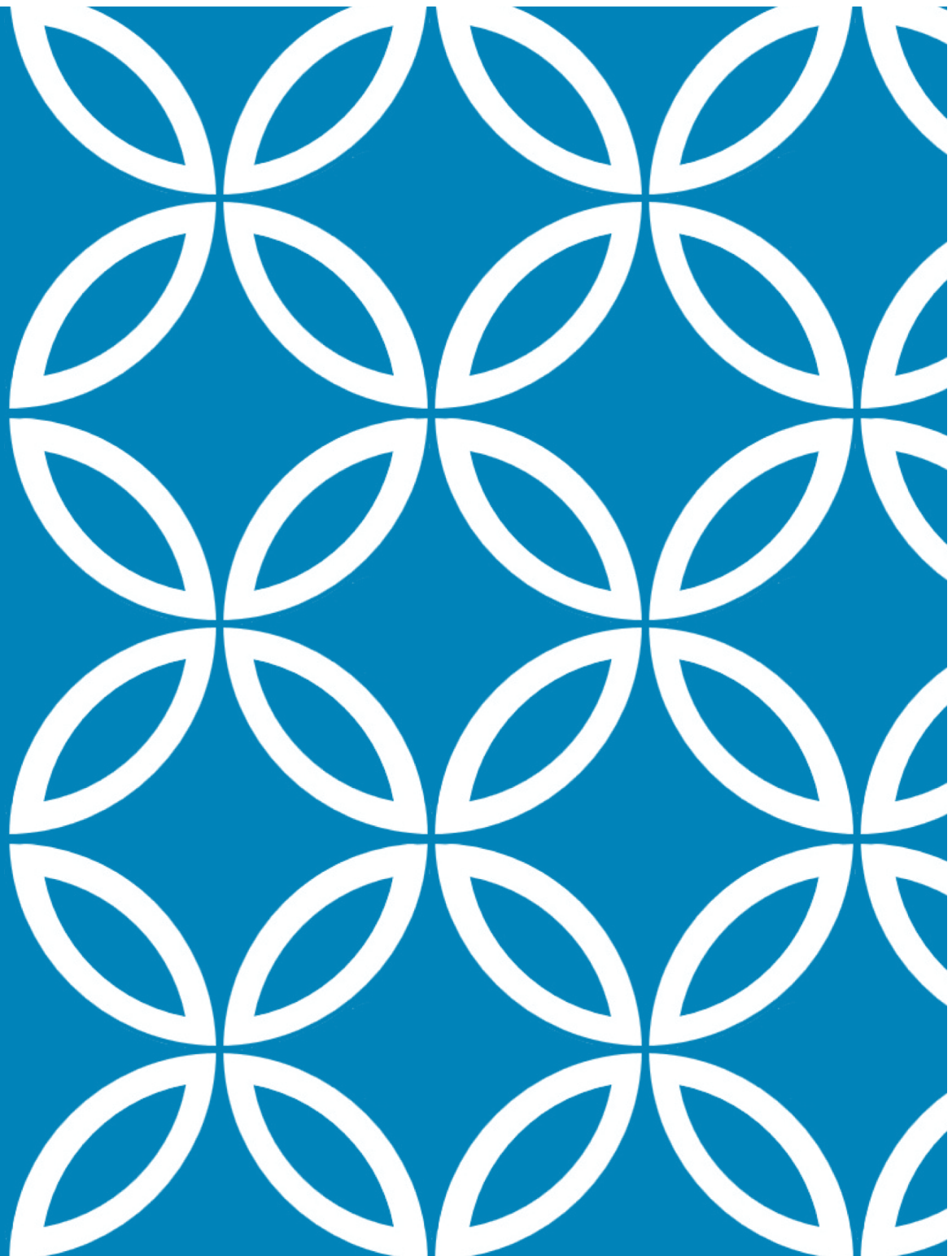


A COZY SPACE FOR ME

Created by Lisa Hoeme
Imagine a Child's Capacity LLC
For Reach Dane





SOMETIMES I NEED A SPACE I CAN GO
TO HELP ME FEEL CALM, COZY AND
SAFE.

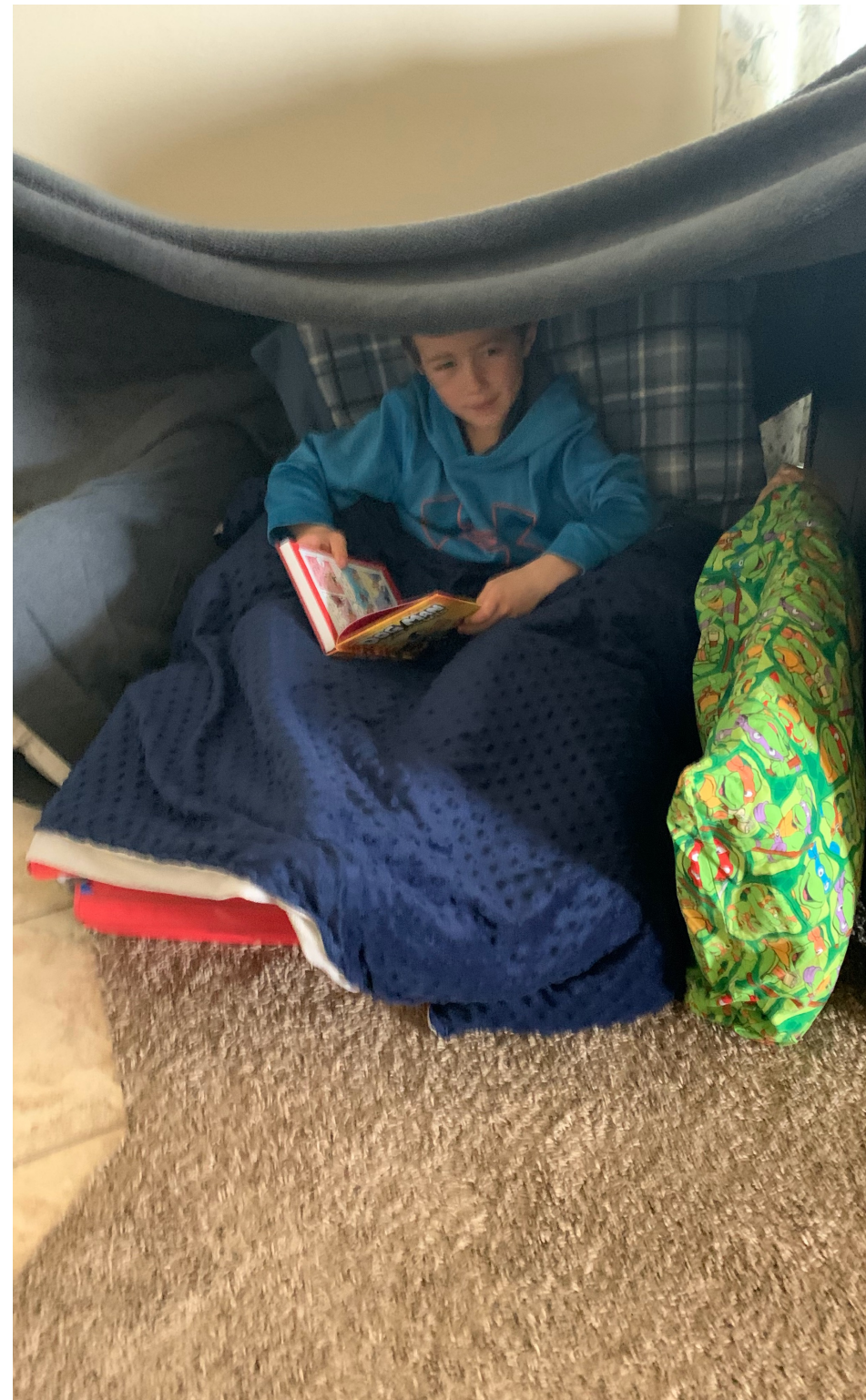
I MIGHT LIKE TO
SET UP A COZY
SPACE INSIDE
WHERE I CAN GO.



FIRST, I WILL FIND A
SMALL, SAFE PLACE
WHERE I FEEL COZY.
IT MIGHT BE BEHIND
SOMETHING, UNDER
SOMETHING, OR
MAYBE ON TOP OF
SOMETHING SOFT.
ASK A GROWN UP IF
IT IS AN OK PLACE TO
USE.



THEN I CAN CHOOSE SOME TOOLS FOR MY SPACE THAT HELP ME FEEL GOOD. SOME IDEAS MIGHT BE A BLANKET, PILLOW, STUFFED ANIMAL, BOOKS OR SOMETHING FOR MY HANDS. I COULD ALSO PUT DRAWINGS OR PICTURES THAT HELP ME BETTER



TALK TO A
GROWN UP ON
GOOD TIMES
FOR ME TO
USE MY NEW
COZY SPACE.





A COZY SPACE COULD BE HELPFUL WHEN
I AM HAVING BIG FEELINGS AND WANT A
PLACE THAT CAN HELP ME CALM DOWN.

I MIGHT WANT TO
USE MY COZY SPACE
WHEN THINGS ARE
GETTING TOO LOUD
OR NOISY AND I
NEED A LITTLE BIT
OF QUIET.



OR SOMETIMES I
MIGHT WANT TO
GO TO MY COZY
SPACE BECAUSE I
WANT SOME
TIME ALONE.



WHEN I AM IN MY
COZY SPACE I CAN
CHOOSE A TOOL
THAT FEELS JUST
RIGHT FOR ME AND
HOW I AM FEELING.
IF I DON'T KNOW
WHAT TO CHOOSE, I
CAN ASK FOR HELP.



SOMETIMES WHEN I
GO TO MY COZY
SPACE I MIGHT FEEL
BETTER QUICKLY AND
SOMETIMES IT MIGHT
TAKE A LITTLE
LONGER TO FEEL
BETTER. THAT IS
OK.



I CAN STAY IN MY
COZY SPACE
UNTIL I AM
READY TO MOVE
ON TO
SOMETHING ELSE
AND MY BODY
FEELS CALM.

