

Name _____

Date _____



MY CALM SPACE

Some spaces can feel very calming to us. Usually they are not overly-stimulating, and have comfortable places to rest. They could be indoors or outdoors. There could be a space you already like to go or something you'd like to design! Draw your 'calm space.' Feel free to label the items and features which you would like to see there.

DESCRIBE YOUR CALM SPACE
