

**Physical**

**Social**

▲ Working well ▲  
▼ Better if ▼

▲ Working well ▲  
▼ Better if ▼

**SAFE?**

▲ Working well ▲  
▼ Better if ▼

▲ Working well ▲  
▼ Better if ▼

**Cognitive**

**Emotional**

# Domains of Safety Worksheet

## - Supporting Notes -

The four domains of safety can give us a good starting point for exploring why a child feels anxious, scared or worried. Often, we'll find that they feel unsafe in one or more of the domains; this will give us a springboard for support and scaffolding to help a child be and feel safer. The worksheet is designed to help you brainstorm this. As well as your own ideas you can explore these areas with the child and other supporting adults in school or at home.

There is also space to record what's going well, as strengths in specific domains of safety can give us ideas we can build on and springboard from.

### **Physical Safety**

No physical or health harm will come to me or others (sometimes fear for the physical safety of others elsewhere can provoke anxiety).

### **Social Safety**

I know how interactions work. I know what is expected of me and what I can expect of others

### **Cognitive Safety**

I can be bold and brave in my learning. I can try new things. I am not fearful about making mistakes

### **Emotional Safety**

I can emotionally regulate or co-regulate. I can seek the support of adults as needed. My fear response will not be triggered

A child does not just need to BE safe they need to FEEL safe