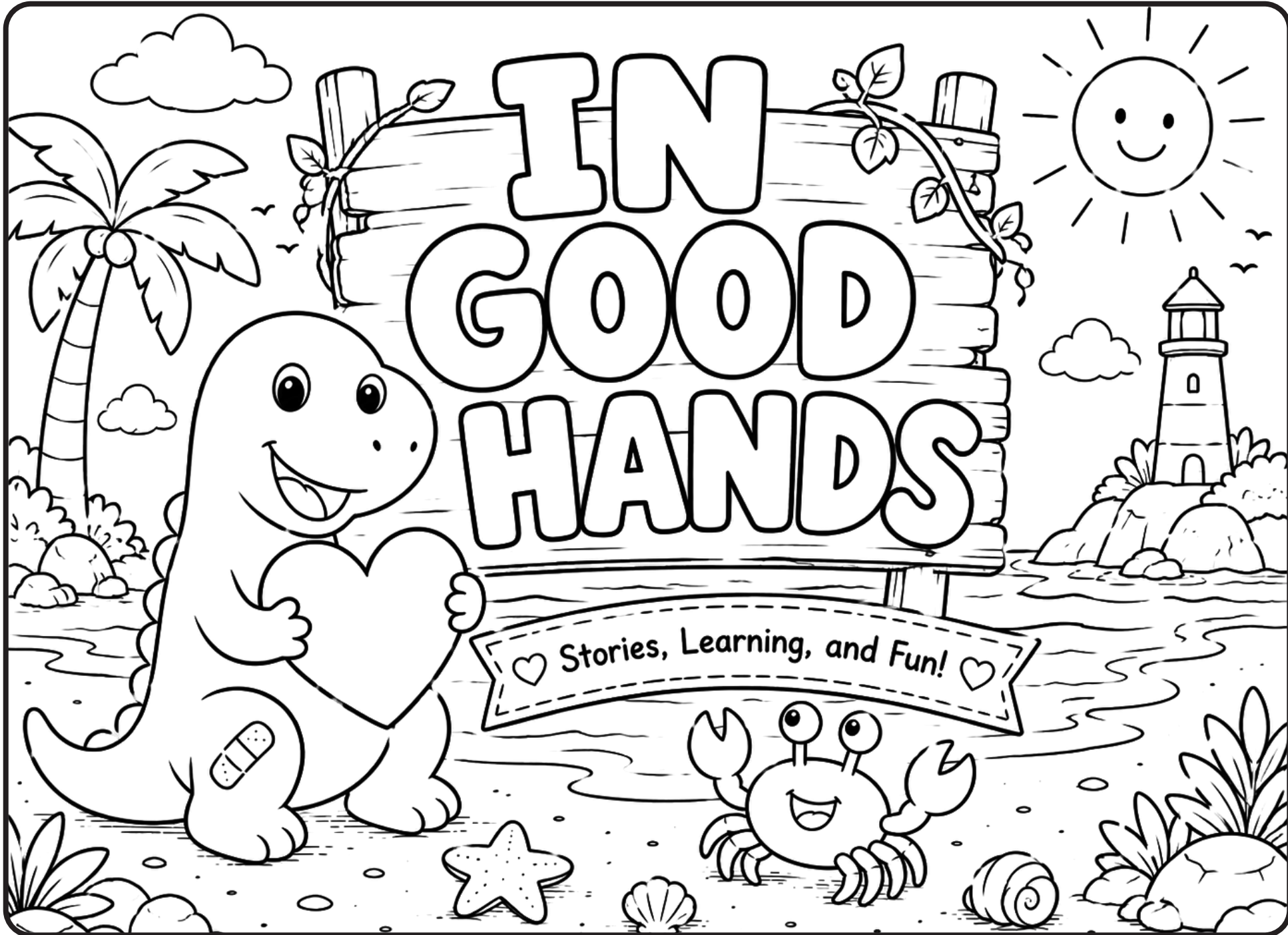


IN GOOD HANDS

♥ Stories, Learning, and Fun! ♥



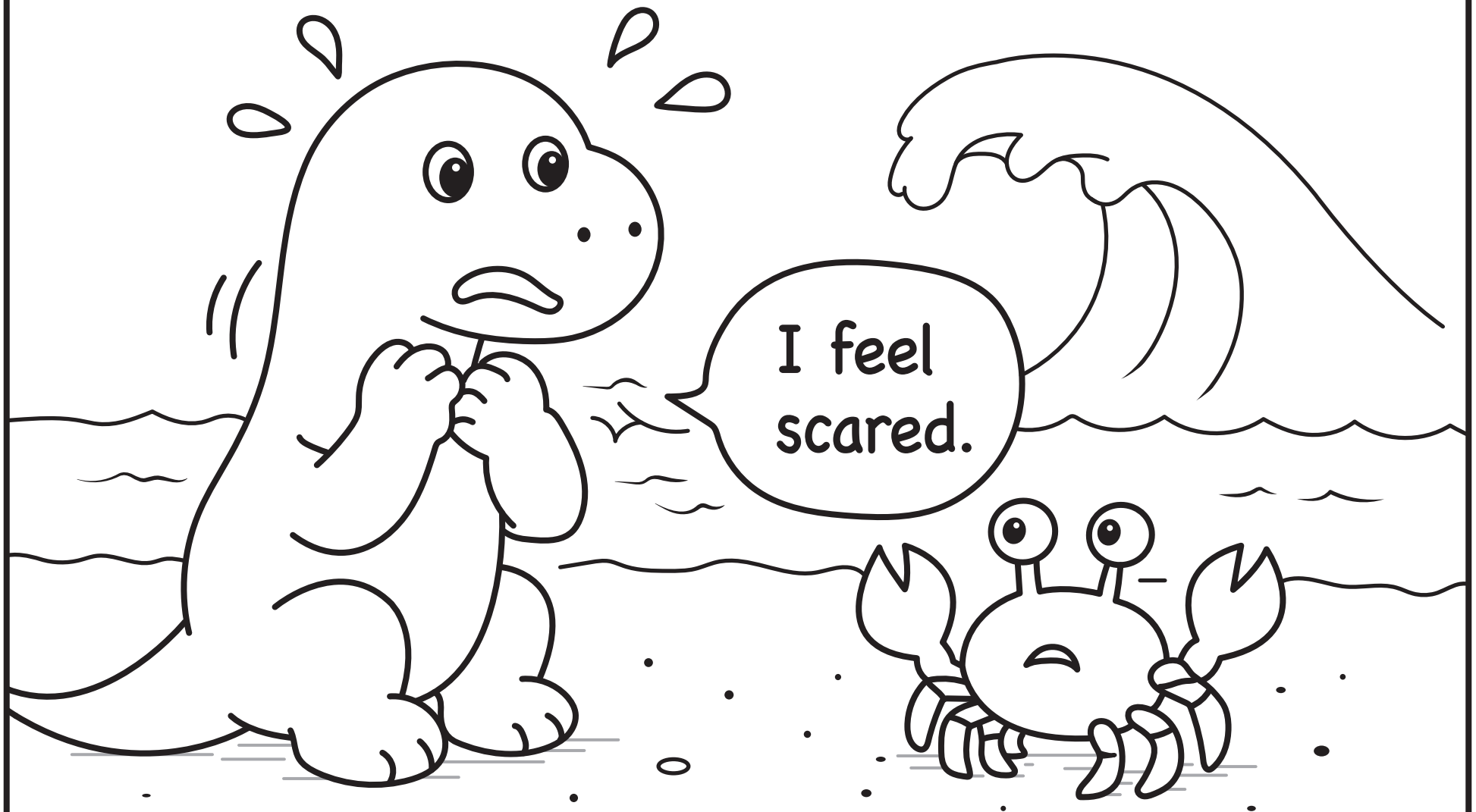
1. When I get hurt, I say
"I am hurt."



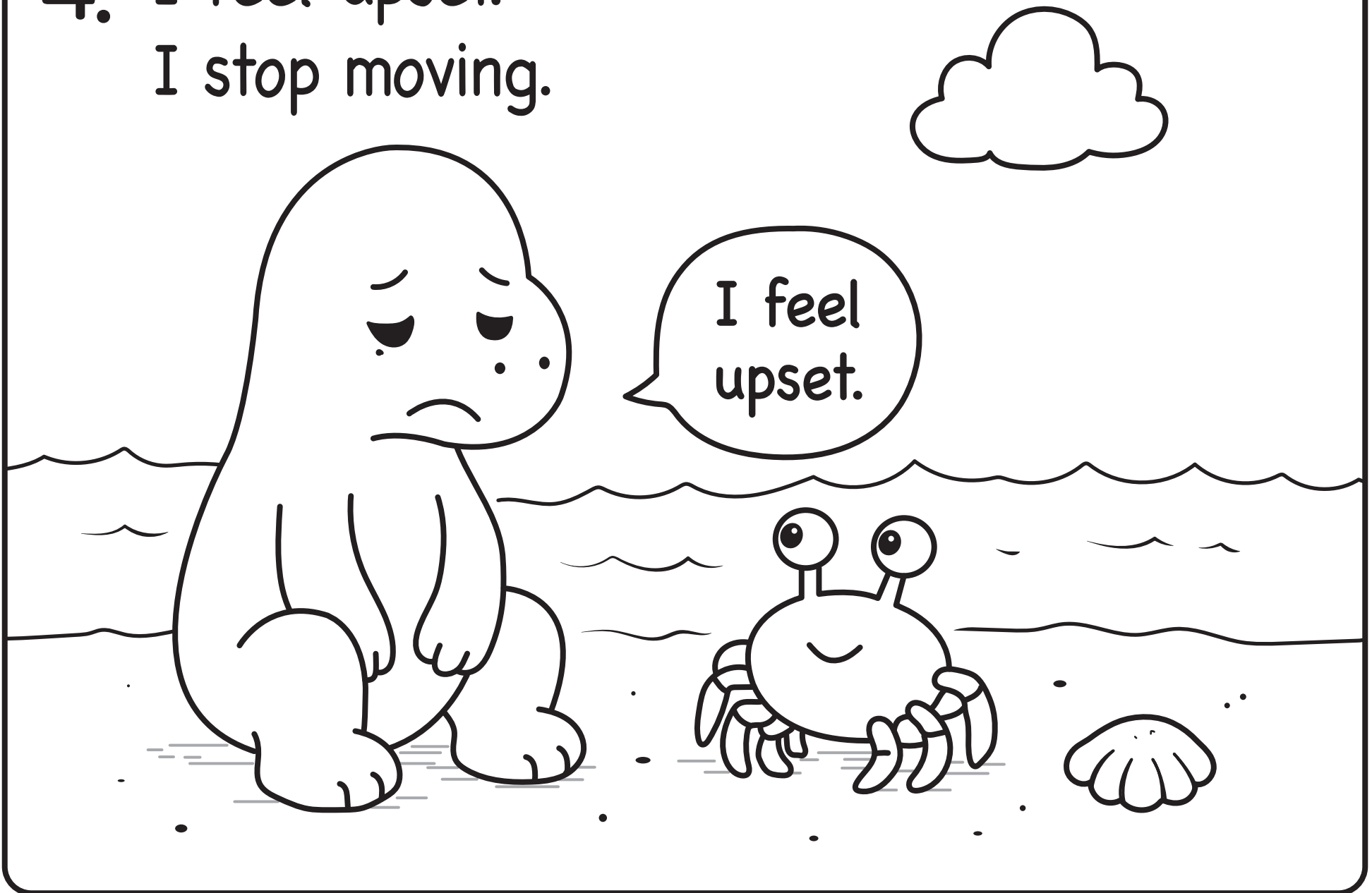
2. I feel pain.



3. I feel scared.



4. I feel upset.
I stop moving.



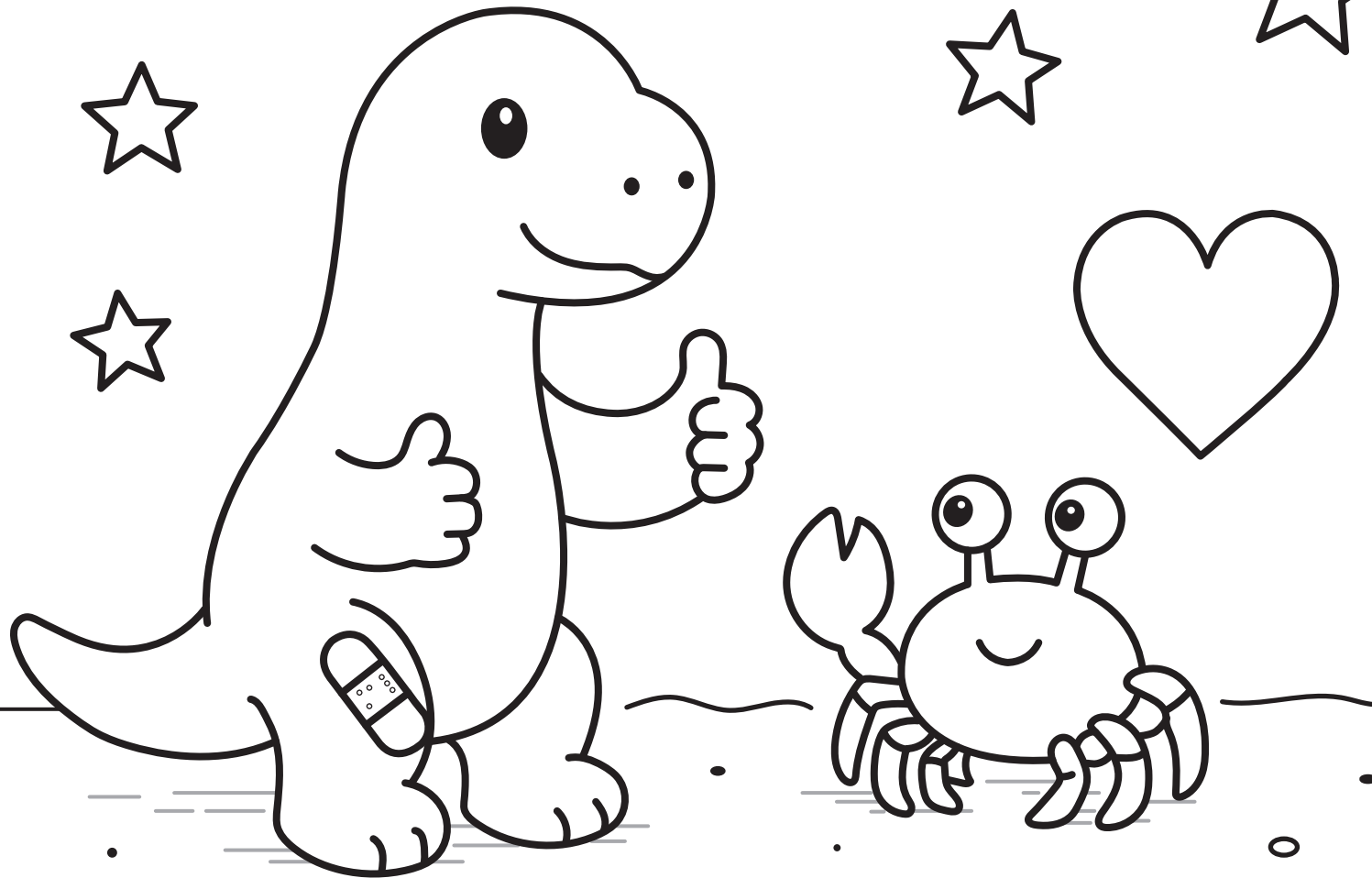
5. I take a slow breath.
I can ask for help.



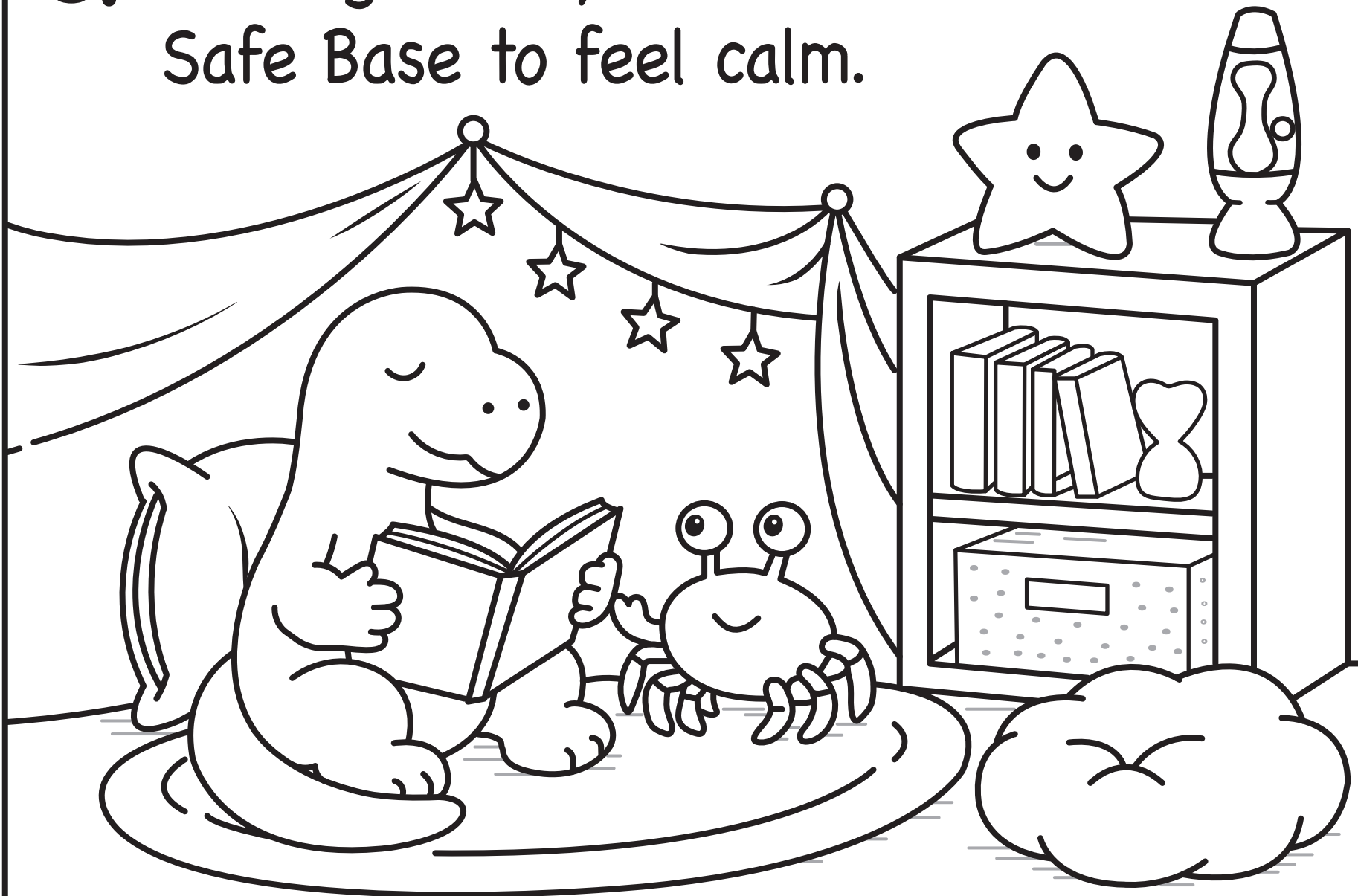
6. I am not alone.
I tell an adult.



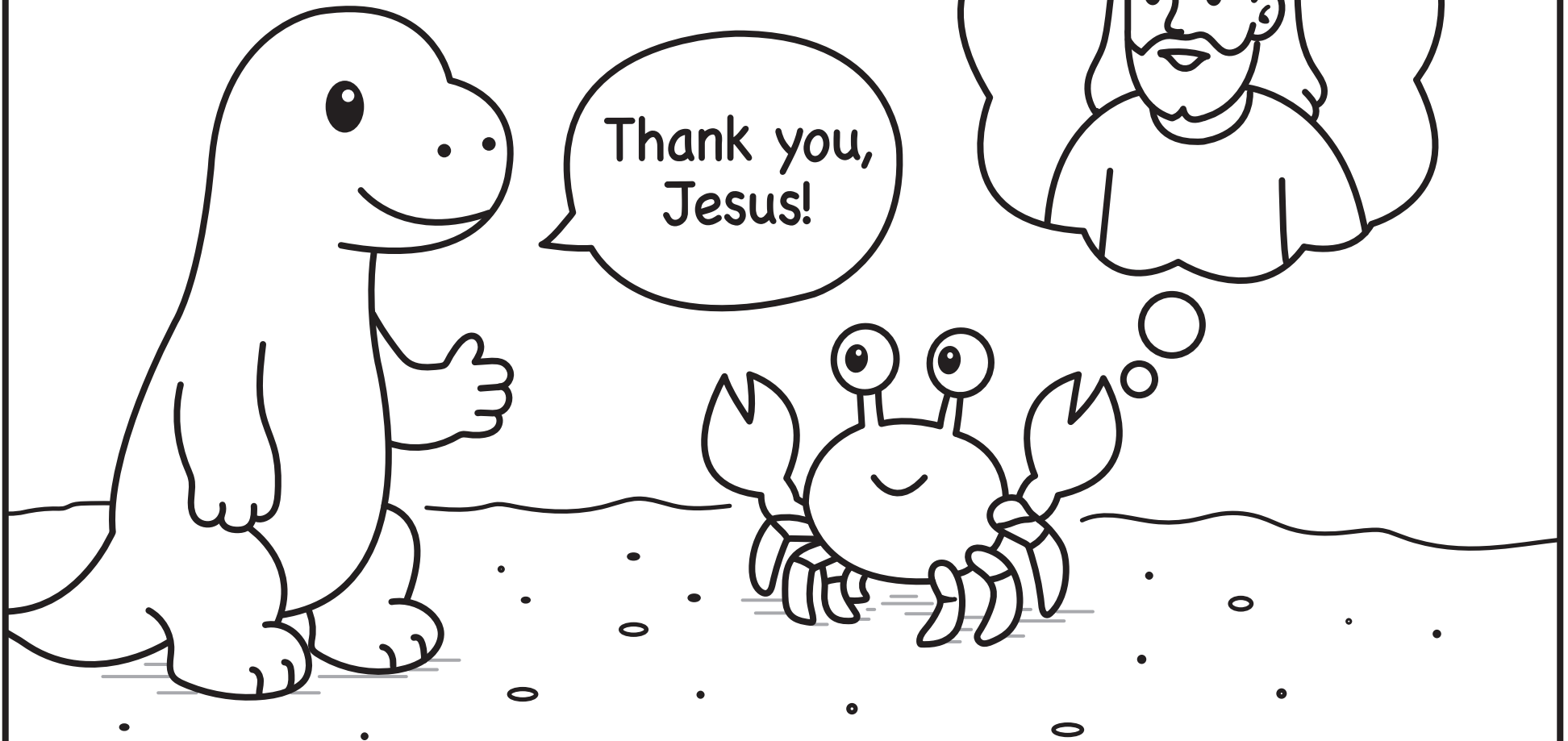
7. My body is
getting better.



8. I can go to my
Safe Base to feel calm.

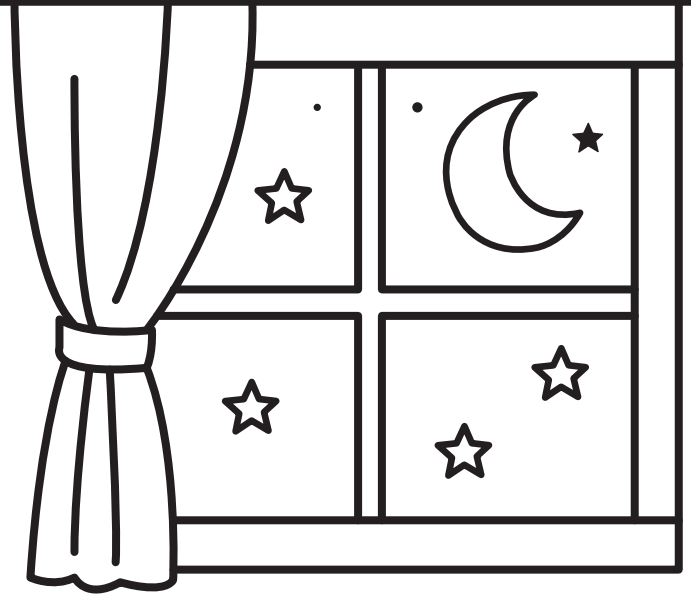


9. I can ask for help
and Jesus helps me.



10. I can rest
and be strong.

z z



11. New Words



hurt - when something makes your body sore



breath - air we take in and out



help - when someone supports you



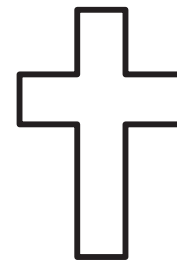
calm - feeling peaceful and quiet

♥ What We Learn

Jesus cares about me.

I can ask for help.

He is always with me.



12. Fun Time! Let's color and have fun!





Storyline for the coloring book

My Safe Base is my calm place where I feel safe and get ready again.

To Parents or Educators Use Guide

1. Purpose of Safe Base

- The Safe Base is a structured emotional regulation space for children.
- It is designed to support emotional safety, self-regulation, and secure connection.

2. Core Function

- Emotional Safety: The child is allowed to feel emotions without judgment.
- Self-Regulation: The child learns to calm their body and mind.
- Connection: The child is supported in returning to a trusted adult relationship.

3. When to Use Safe Base

- When a child shows strong emotions (anger, sadness, fear, frustration)
- When a child is overwhelmed or dysregulated
- When a child needs a pause before returning to activity

4. How to Guide the Child (Step-by-Step)

- ① Name the emotion: "What are you feeling right now?"
- ② Normalize: "It is okay to feel this way."
- ③ Invite: "You can go to your Safe Base."
- ④ Support regulation: breathing, coloring, quiet sitting
- ⑤ Reconnect: "Are you ready to come back?"

5. Important Principles

- The Safe Base is not a punishment space.
- The Safe Base is not used for isolation.
- The child chooses to use the Safe Base when needed.
- The goal is regulation, not control.

6. Return Process

- The child returns when calm and ready.
- Brief reflection is encouraged: "What helped you feel better?"
- Reintegration into activity should be gentle and supportive.

What does it teach your child?

- My feelings are okay
- I can calm my body safely
- I can take a pause when I feel overwhelmed
- I can return when I am ready



How parents can support at home

- Stay calm when your child is dysregulated
- Name the emotion: "You seem upset"
- Encourage pause: "Let's take a calm moment"
- Allow Safe Base use without punishment
- Reconnect after the child is calm

Why is it important to have a safe base around the house?

Children often experience strong emotions that they cannot fully control yet. The Safe Base helps them to:

- Feel emotionally safe
- Learn self-regulation skills
- Build healthy emotional awareness
- Strengthen connection with trusted adults



To Children Guide

1: What is my Safe Base?

- "My Safe Base is my calm place."
- "I go there when I need to feel safe."

The Safe Base is a calm emotional space designed to help you understand and regulate your feelings. It helps you that all emotions are acceptable, and that you can learn how to calm your body and mind safely.

2: It is not a hiding place

- "My Safe Base is not a hiding place."
- "I am not running away."



3: I can feel safe here (emotional safety)

- "I feel safe here."
- "My body feels calm."

4: I can calm my feelings (regulation)

- "I breathe slowly."
- "My feelings get smaller and calm."

5: I can connect with others (connection)

- "I can talk to a grown-up when I am ready."
- "I am not alone."
- "I feel peace."

What is NOT Safe Base?

- It is NOT a punishment
- It is NOT isolation
- It is NOT a place to be sent away when "bad"

6: I get ready again

- "I feel better now."
- "I am ready to go back."



Coloring Pages

Safe Base= Feel safe → Calm body → Connect → Return

1. It is normal to feel different when I grow.

I am growing taller.”

“My body is changing.”

I feel proud and happy.”

“I feel excited.”

I feel surprised.

“I can go to my Safe Base.”

“My Safe Base helps me feel safe.

I feel strong inside.



2. When I am hungry, I may feel...”

angry

frustrated

worried

“My body needs food to feel better.”

“I can check: Am I hungry?



3. After meal, My tummy feels full.

I finished eating.

“I feel full.”

“I feel calm.”

“I can rest now

I can go to my Safe Base if I want.”

My Safe Base helps my body feel calm

4. When I get hurt,

I got hurt.

I feel pain.”

“I feel scared.”

“I feel upset.

I stop moving.”

“I take a slow breath.

I can ask for help.”

“I am not alone.” I tell an adult.

My body is getting better.

“I can go to my Safe Corner to feel calm.



To Children, when you stay in the safe base,

You can breathe and count 1 to 10.

You can color this coloringbook.

You can pray and think.

You can hug a pillow or stuffed animal.

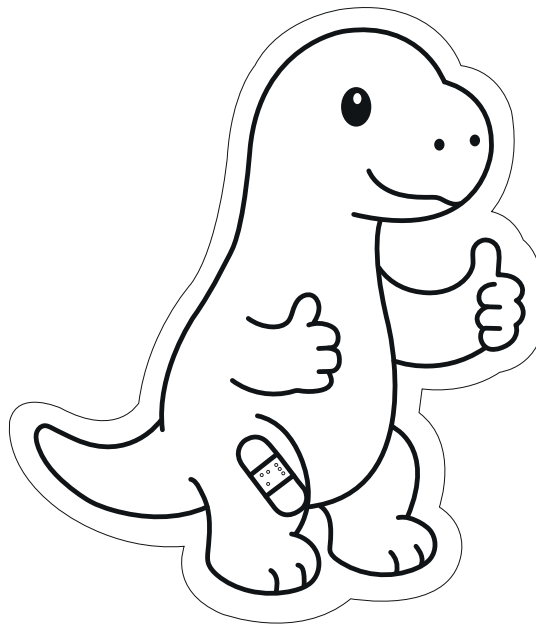
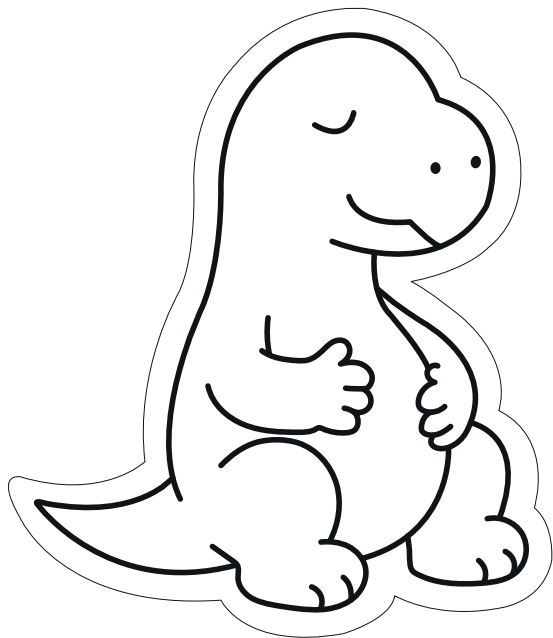
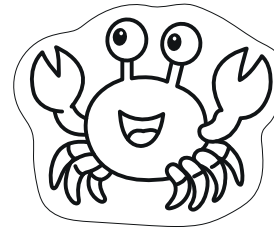
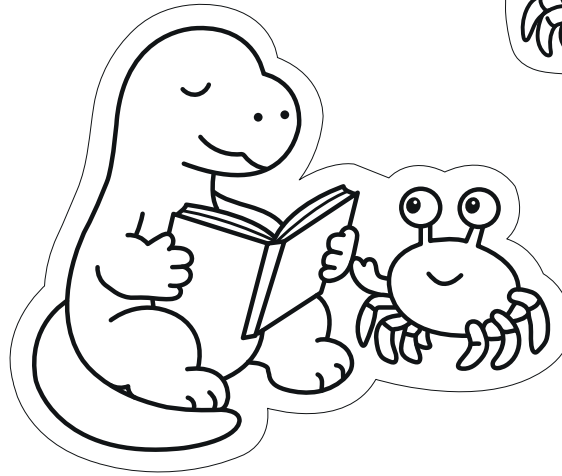
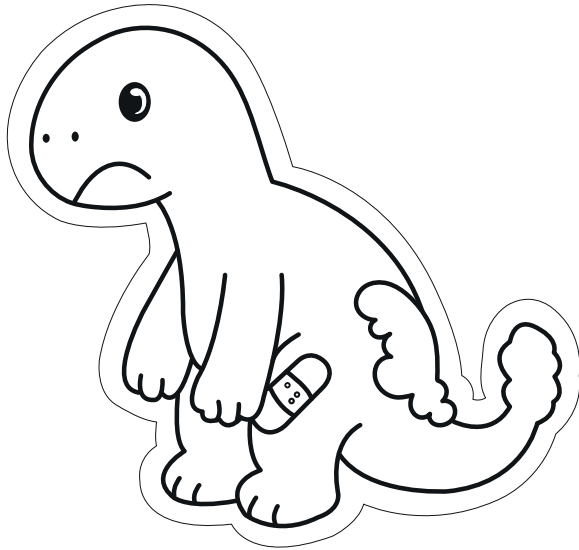
You can name your feeling.



After you finish the color,

You can talk , I feel calm now.

You can ask help to return to activity.



Coloring Completion Certificate.

Congratulations!

I completed this coloring book!

Name : _____

Date : _____



SGD5

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