



Creating a Safe Place™ : Teaching Self-Regulation

Audience: Pre-K (Ages 3-4)

Presented by: Kim Jackson, Conscious Discipline Master Instructor
kim.jackson@consciousdiscipline.com

Safe Place™

- ♥ Self-Regulation Center for the classroom
- ♥ A place to “flip” inner state from upset to calm
- ♥ A place to manage thoughts, emotions, and behaviors
- ♥ Needs to be TAUGHT! It is just like a credit card... unless you teach the children how to use it, it WILL be abused!!!
- ♥ A place for children AND staff to regain composure
- ♥ Materials might include but are not limited to: pillows, sensory materials (gloves filled with oatmeal, sand, gel, etc.), CD player with headphones and soft music, stress balls, massager, vibrating objects, stuffed animals, breathing icons, weighted blanket, writing materials, books, pictures of feelings, Feeling Buddies, mirror, Friends and Family book
- ♥ Allow children the opportunity to explore the materials one at a time and with teacher facilitation
- ♥ Open (at the beginning of the year) with a ribbon cutting
- ♥ A place where a person can take themselves, go with a friend, go with a teacher
- ♥ Does not have to be a big space
- ♥ Can look different in every classroom/home

Implementation Plan: The Safe Place (Pre-K — 2nd Grade)

Possible locations for The Safe Place in my classroom?

1.

2.

3.

What materials will you include in your Safe Place?

When will you facilitate learning about The Safe Place (prior to opening)?

As a group?

Individually:

What will you do to “open” The Safe Place for the class to use?



Implementation Plan: Safekeeper Ritual

GOAL: For children to consciously place their figures in the Safekeeper container while making a commitment to help keep the classroom a safe place to learn (play).

What materials will I use? (e.g. box, basket, popsicle sticks, rocks, children's pictures, names, etc.)

How will we say the words: *"My job is to keep you safe. Your job is to help keep it safe."* (e.g. call/response, children say individually, group chant, combination, etc.)

What time of day will we share the ritual?

How will I introduce the Safekeeper Ritual?

How will I share this information with families?



Implementation Plan: The Safe Place™

How will I teach the children about disengaging stress?

How will I help disengage stress:

1. At the beginning of the day:

2. Before each transition:

3. During stressful moments:

4. After active periods such as recess:

My Plan for the First Six Weeks

WEEK	MATERIALS
Week 1:	

My Plan for the First Six Weeks

WEEK	MATERIALS
Week 4:	

