



Creating a Safe Place™ : Teaching Self-Regulation

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The 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 child 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 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™

Possible locations for The Safe Place™ in my classroom?

1.

2.

3.

What materials will you include in your Safe Place™?

Implementation Plan: The 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: The Safe Keeper Ritual

GOAL: For children to consciously place their figures in the Safe-Keeper 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.)

What time of the day will we share the ritual?

How will we introduce the ritual?