

Creating a safe place



- Designate a small corner of the classroom where individual students can choose to go to **relax, refocus and reflect**. Students can use this “safe place” when they are upset or angry and need time alone to calm down and gain control of themselves.
- Pick a spot in the classroom that offers some **privacy**, but where the student still has a clear view of the classroom and the teacher is still able to clearly see the student.
- Furnish with a soft chair and a bag of items such as a squishy ball or a few stuffed animals (for younger children), and easy-to-read books (such as comic books) that might help students **calm themselves**. Some students might benefit from listening to music on a headset. Post encouraging messages students can use to reframe their thinking and calm themselves.
- Introduce the concept of the safe place to the class by creating **opportunities to learn and practise how you would use the safe place to calm down**. See the example on the right of tips you might post.

Using the safe place

1. You can go to the safe place when you are feeling angry, sad, and frustrated or want to be alone.
2. Only one person at a time may be in the safe place.
3. If you need the safe place when someone is in it, you could:
 - wait until he or she is out
 - ask him or her if you could have a turn
 - sit at a table near the safe place quietly and alone until it is available
 - use another strategy to help calm yourself
 - ask the teacher for help.

