




Creating a Safe Place Activity

1. Start the discussion by asking the student “today we are going to be thinking about what the words “threat” and “safety” mean to us. Sometimes, when we feel threatened our bodies alarm system goes off. This alarm system can make us feel like we want to run away or stand and fight, sometimes it may make us freeze on the spot and we can’t do anything, other times we may try to please someone just to stop the conflict. Our body responds the same to emotional threat as it does to physical threat. Today, we are going to create a plan for developing a sense of safety that will help us to shut our alarm system down. When we are safe, we feel relaxed and calm. We are not thinking about what is bothering us, or worrying about anything that has happened in the past, or what will happen next.”
2. Give them the handout below and support them to complete it.
3. Once they have completed boxes one and two and drawn their safe space, help them to think about the following:
 - Discuss the specific things in this space that help them feel safe.
 - Ask them to think about the specific things in your setting that help them to feel safe.
 - What can they do to help them to remember to use their safe space when they feel scared?

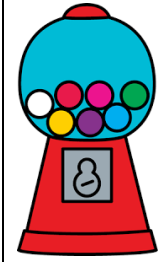
Feeling Safe Handout

Complete as many of the boxes below as possible by drawing and labelling how you feel and what you might do when you feel threatened:


When I am feeling threatened this is what might happen (There is an example to get you going)

 <p>When I feel threatened, I refuse to talk.</p>		

Next, think about all the things you can do, places you can go and tools that you can use that make you feel safe. Fill in the boxes like before (an example is given to get you started)



Chewing gum helps me to calm.

 <p>Chewing gum helps me to calm.</p>		

Now visualize in safe place, somewhere that will calm that threat system down. What does it look like, feel like, smell like, sound like? Use the box below to draw

A large, empty rectangular box with a thin black border, intended for drawing a visualization of a safe place.

