



Creating a Safe Place™ to Practice Self-Regulation

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Five Steps to Self-Regulation

Step 1:

I Am

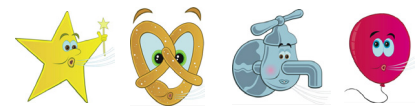
Child is triggered into a state of upset. Emotions biochemically overtake them and they become them. "I am angry."



Step 2:

I Calm

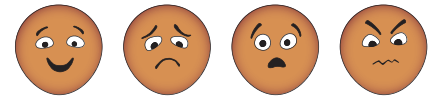
Children need assistance in turning off the stress response in their bodies and calming down their physiology. Begin to move from "I am angry" to "I feel angry."



Step 3:

I Feel

Children need assistance in naming and taming the feelings that have overwhelmed them. Once you can name a feeling and become conscious of it, you are automatically better able to manage it.



Step 4:

I Choose

Children need assistance in choosing strategies that will help them move from the lower centers of their brain to the higher centers of their brain in order to get back to classroom activities/work.



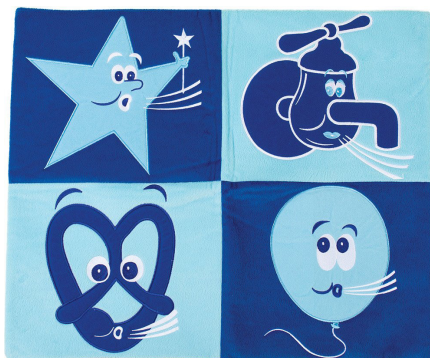
Step 5:

I Solve

Something triggered the child into a state of upset. Whatever happened needs some type of solution.



The Safe Place™



Safe Place Mat

The Safe Place is a self-regulating center where children practice changing their internal state from upset to calm in order to maximize their learning potential. It consists of the following:

- Comfortable physical structure to sit on (beanbag, soft pillows)
- Visual display of calming icons: S.T.A.R., Drain, Pretzel or Balloon. Visit ConsciousDiscipline.com to purchase Safe Place Mat or download the printable poster version.
- Feeling Buddies: To identify feelings and practice self-regulation.
- I Choose Self-Control Board: To support children in regulating and changing their emotions.

Calming Pillow Set





Implementation Plan: The Safe Place™

I will place my Safe Place in this area of the classroom:

It will look like this:

List of materials may include:

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In two lines, I can say the Safe Place is:

NOTES:
