

My Family Safekeeper Ritual Plan

Safety is a fundamental need. Without safety, we can't reach the optimal brain state for learning and problem-solving. In Conscious Discipline, we say that adults are Safekeepers. Our job is to keep the home or classroom safe. But what does it mean to be a Safekeeper during these challenging times? This printable resource from Master Instructor Vicky Hepler will help you plan an effective Family Safekeeper Ritual.

The Safekeeper Ritual starts by explaining to your children that the adults in your home are the Safekeepers: "Our job is to keep it safe." Explain that children have a job too: "Your job is to help keep it safe." One of the most common Safekeeper Rituals involves each member of the home or classroom creating a "commitment token" that represents him or herself (a decorated Popsicle stick, rock, small toy, etc.). Each morning, the adults restate the Safekeeper job description and ask children to commit to keeping the home safe by placing their token in a decorated Safekeeper box.

You can also create a Safekeeper chant and Safekeeper agreements or commitments. One option is to ask, "What does safety look like? What do you need in order to feel safe at home?" then brainstorm a list of Safekeeper agreements as a family. This might include using gentle hands, picking up toys, following directions from Safekeepers, etc. From this list, each family member can choose one individual commitment to focus on each day. At the end of the day, check-in with an "I did it!" or an "Oops!" Celebrate either way. Remember, an OOPS is simply an opportunity to problem-solve.

With this Family Safekeeper Ritual Plan, you can map out ideas for your Safekeeper box, commitment tokens, chant and commitments. As you embrace your role as a Safekeeper, remember that self-regulation and self-care are essential. Make time to take care of yourself, check in on your composure throughout the day and be a S.T.A.R.

Conscious Discipline Glossary:

- **Safekeeper:** The brain functions optimally when a person feels safe. In Conscious Discipline, the adult(s) in the home or classroom is the Safekeeper. His or her basic job description is to keep the home or classroom safe, while the child's job is to help keep it safe.
- **Commitments:** Commitments promote mindful attention and increase the likelihood of success. Take this printable a step further by having each person in the home choose one "way to keep it safe" to commit to each day. At the end of the day, each family member will check in with a "Yay, I did it!" or an, "Oops, I'm working on it."
- **S.T.A.R:** Smile, Take a deep breath, And Relax. Breathe in through the nose with the belly going out, then out through the mouth with the belly going in. Help children learn to exhale longer than they inhale. Three deep belly breaths shut off the brain's fight or flight response, allowing us to access composure.

Family

Safekeeper Ritual Plan

Our family Safekeeper box ideas:

- Cardboard jewelry box decorated by the family using markers, stickers, pom poms etc.
- A metal mint tin
- It can be as simple as a plastic reusable container



Our family Safekeeper commitment token ideas:

- Decorated popsicle sticks by each family member with names and/or photos
- Glass stones or hearts or colored chips or similar
- Have each family member draw a self-portrait on a small piece of paper
- It can be as simple as an index card with family member names written on each one



Safekeeper promise:

Adults: "I am the safekeeper. My job is to keep you safe."

Children: "My job is to help keep it safe."



Our family Safekeeper chant:

Tune: 🎵 "We Will Rock You"

Get this rhythm: clap, clap, stomp - clap, clap, stomp

Everyone: "We are the (family name) family."

Adults: "We are your Safekeepers."

Children: "We will help you keep it safe, keep it safe."

Everyone: "We are the (family name) family."

Our family Safekeeper commitments:

As a family, create a list of ways to keep it safe.

1. _____
2. _____
3. _____
4. _____