



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. This printable resource will help you plan an effective Safekeeper Ritual for your classroom.

The Safekeeper Ritual starts by explaining to your students that the adults in your classroom/school 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 student creating a "commitment token" that represents him or herself (a decorated Popsicle stick, rock, etc.). At the same time each day, teachers restate the Safekeeper job description and ask children to commit to keeping the classroom 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 school?" then brainstorm a list of Safekeeper agreements as a class. This might include using gentle hands, picking up toys, following directions from Safekeepers, etc. From this list, each student 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 Safekeeper Ritual Plan, you can map out ideas for necessary materials, introducing the ritual, sharing the information with parents and more. 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.

SAFEKEEPER RITUAL PLAN

What materials will I use? (e.g. box, basket, popsicle sticks, rocks, child pictures, child names)

How will we say the words: "It's the teachers' job to keep you (safe), and it's your job to help (keep it safe)." (e.g., will you have the children say them individually, will the whole class say it together, or a combination of both?)

What time of day will the ritual take place?

How will you introduce your Safekeeper Ritual?

How will you share this information with families?

How will I study the skill (composure) and power (perception) that supports the use of the Safekeeping Ritual with fidelity?

