

Finding Our Own Safe Place – script to read to a group

NB: As you are reading when you see “... ..” this indicates you should *pause for a moment* before you continue reading

This activity can help you experience feeling safe and to create a safe place in your imagination that can help in times when you might need to feel safe. It can give you a reference point of feeling safe so you will be able to recognize more easily how you feel when you are not feeling safe.

When doing this exercise try and go in your mind either to your own safe place or to a place you imagine you would like to have as a safe place.

If you cannot imagine a safe or special place yet, see if you can use this activity to help you start to create one.

Remember this is your own special safe place; nothing can hurt you and nobody can harm you there. You have control and it is totally safe.

Start by getting comfortable either leaning back in your chair, putting your head on the desk or lying on the floor. During this exercise try to stay still and allow yourself to relax. It can be easier to relax if you keep your arms and legs uncrossed.

Breathe normally – try to notice what it actually feels like as you breathe in and out – can you feel the air going in and out of your nose or mouth. If you want to allow yourself to close your eyes. Keep noticing your breath going in and out of your nose or mouth as you breathe in..... and out..... and in and out.

As you continue to concentrate on breathing in and out, feel the weight of your body on the chair or floor. Feel and sense your body s-l-o-w-i-n-g d-o-w-n and r-e-l-a-x-i-n-g as you breathe out.

When you are ready, using your imagination go in your mind to the place you have decided is the special, safe place for you. Remember this is either your own place, or a place you would like to have. And as you imagine it, it is just the right temperature and feels perfect for you.

Smell the smells in this place – they are your favourite smells...

See the sights in this place...

Hear the sounds ...

See the colours in this place ...

Taste the tastes here...

Feel the feelings...

Notice any sensations in your body and where in your body they are

Then, bring your attention back into this room with **just** your ears ... listen to the sounds here ... feel your feet on the floor ... wiggle your toes ...

And now go back to the special place you have chosen.

Smell the smells again...

Taste the tastes...

See the sights...

Feel the feelings...

See the colours...



Hear the sounds...

And notice any sensations in your body ...

And when you are ready, come back to the room with your ears **first** ... hear the sounds here ... wiggle your toes ... feel your feet on the ground ... Now, when you are ready open your eyes and turn to the person on either side of you and give them a big GRIN.

END OF SCRIPT – see over for follow-up questions

By being able to imagine or remember our safe place even for just a moment, can help us to feel calmer and begin to think with a clearer focus.

Invite the children to think about and share their thoughts on the following questions, reminding them that they don't have to share or describe their safe place unless they choose to (their safe place is personal to them and they choose if and who they want to share it with)

- How does it feel in your safe place – what feelings do you have?
- Were you able to bring your attention back into this room half-way through, and then take your attention back to your special safe place?

If they could do this, explain that it shows them the power of their thinking and with it the possibility of being able to do this again in the future – by being able to imagine or remember their safe special place, even for just a moment, can help them to feel calmer and begin to think more clearly.

Also remind them that once they know what they feel like in their safe place they will then be able to recognise more easily when they do not feel safe.

Please also be aware that visualisation doesn't work for everyone. If any children have experienced Adverse Childhood Experiences (ACEs), they may never have felt safe and this activity may feel difficult or impossible for them. You can deal with this by explaining not everyone likes visualisation, so they don't have to do the activity; reassure them they are not "wrong", rather it is the "wrong" activity for them.

You can help them find an alternative way to create their own safe place... e.g. writing, drawing, telling a story about it.

NB this activity links to the additional quotes in lesson plan 2 part 1.

"Energy flows where attention goes" Tony Robbins

"Where Attention goes Energy flows; Where Intention goes Energy flows!" James Redfield

Optional Follow-up Activity

Invite children to draw their safe place.

