**Safe Place**

**Why every classroom needs a Safe Place for children…**

*A Safe Place promotes the importance of social-emotional learning in young children. The Safe Place is a learning center in the classroom or home used to teach self-regulation and give children a place where they can transform upset into learning.*

**What is a Safe Place?**

*A Safe Place is an area where children can go to calm down and regain their composure so that learning can take place.*

**Best Practices for Safe Places**

* *The Safe Place is* ***NEVER*** *used as a time out; children choose to go to this area when they need to calm and regain composure*
* *Introduce the Safe Place gradually. You will talk to the children about the Safe Place and tools that can be used in this area.*
* *Model how to use the Safe Place*
* *Have the children suggest items to add to the Safe Place*

**Introducing the Safe Place**

*Dr. Becky Bailey suggests setting up the Safe Place behind a yellow ribbon. This in turn peaks the children’s curiosity. Start by teaching one step at a time.*

*First, work on calming breathing strategies. Continue this until you feel the children have mastered this. Second, practice identifying emotions. The last step is to talk to the children about strategies they can use to calm down. Share with the children some of the items currently in the Safe Place. Ask the children if they think anything else would be helpful.*

*Model how to use the Safe Place going through the three steps. Once you are ready you can have a ribbon cutting to officially open the Safe Place.*

**Suggested Items to add to the Safe Place:**

* *Family pictures*
* *Breathing visuals*
* *Pillow*
* *We Care Basket*
* *Sensory toys/sensory bottles*
* *Emotion faces*
* *I Love You Rituals*
* *Breathing Ball*
* *Sophie books/Schubert books/class-made books*
* *I Choose board*

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