

Five Steps to the Safe Place



Purpose: Provide a place where children can learn to self-regulate. Children use the Safe Place to learn how to change their internal state from upset to calm in order to maximize their learning potential.

<p>Step 1</p>	<p>I Am</p>	<p>Child is triggered into a state of upset. Download</p>	
<p>Step 2</p>	<p>I Calm</p>	<p>Children need assistance in turning off the stress response in their body and calming down their physiology.</p>	
<p>Step 3</p>	<p>I Feel</p>	<p>Children need assistance in naming and taming the feelings that has overwhelmed them. Once you can name a feeling and become conscious of it, you are automatically better able to manage it.</p>	
<p>Step 4</p>	<p>I Choose</p>	<p>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 and work.</p>	
<p>Step 5</p>	<p>I Solve</p>	<p>Something triggered the child into a state of upset before entering the Safe Place. Whatever happened needs some type of solution.</p>	

