



## Safe Calm Space



Have the students create a space at home, in their minds, or anywhere that works for them....a space that can help them ground themselves so they can regulate their responses. Included in this space could be pictures, journals, I am statements, mindful coloring, and/or calm music. Explain to the students that their special space, whether or not it is an actual place, is an important and safe place to go to when experiencing big emotions. Their space can be in their minds...like the mountains or beach, or anywhere they feel safe and calm.