

SAFE PLACE ACTIVITY -

Close your eyes and position yourself so that you are comfortable.

As you make yourself comfortable, you may notice the way the chair is supporting you and how it is feeling. Make sure you feel comfortable.

As you are listening to my voice be aware of your breathing...in and out...in and out.

With each breath you are relaxing more.

You know you are starting to relax because you can feel the departing tension slowly release from the muscles in your body.

Imagine this tension appearing like a vapour, a light haze as it drifts out and away from your body so that any heaviness you may be experiencing is gone.

And as you feel the temperature of the air on your skin,

You might be aware, in a vague sort of way, of the sounds in the room.

Or the sounds outside but that's ok because you are feeling comfortable.

While you are feeling this comfort, I want you to think of a safe place. A happy place.

A place where you can be yourself and you can remain relaxed, calm and comfortable.

Now that you have identified this place I want you to imagine yourself actually in your safe place.

As you enter your safe place, notice the view.

Are you standing, sitting or lying down in this safe place, whichever it is I'm sure it is very comfortable for you.

What does it sound like in your safe place, is it very quite or is there some noise, either way I am sure it allows you to continue to feel calm.

Are there any immediate smells or tastes?

Slowly reach out and touch the things in your immediate environment. How do these things feel?

What is under your feet? How does it feel?

What is the temperature? Make it comfortable.

Deep breath in... deep breath out...

While you are in your safe place I want you to observe and feel the balance that is starting to return to your body, And in your mind all the words and sentences are fading away, lifting and vanishing from your mind, leaving you with the feeling of space, clarity and peace.

Notice how this peace allows you to release all of the burdens of the day as they wash away like a tide retreating to the other side of the ocean.

Now, as you feel completely calm, relaxed and comfortable just enjoy being in this space for a moment (Quiet for 30-45 secs)

Now that you've allowed your mind to empty, be free of burden, and full of calm as I countdown slowly from **4** you accept all that you are feeling, this renewed sense of relaxation **3** if ever there is a time when you need to come back to this safe place, you may do so willingly and with ease. **2** in your own time slowly open your eyes, but only when you are ready. **1** in your own time, come back to the classroom.