

Make-N-Take

Project: Safe Place Pass

Materials:

- Laminated Safe Place Pass
- Double-sided tape
- 3 x 7 inch piece of foam core



Usage:

The four active calming icons represent S.T.A.R., pretzel, drain and balloon. Teach these calming techniques from day one in your classroom, and as a part of your Safe Place. When you take three deep breaths using any of these techniques, you help to short-circuit the fight or flight response in your body, and begin to move from the lower centers (reactive) to the higher centers (problem solving, responsive) of the brain. This is essential for creating a safe, connected classroom.



S.T.A.R. – Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



Pretzel – Cross your ankles while standing up or sitting down. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



Drain – Extend arms out, pretending they are faucets. Tighten arm, shoulder and face muscles. Exhale slowly making a “ssshhh” sound and release all your muscles, draining out the stress.



Balloon – Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a “pbbp-pbbp” sound.

You can use the Safe Place Pass as a simple reminder of the breathing techniques, or use it for its original “pass” intent. To use it as a pass, leave it in a

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central location in your classroom. Explain and model the use of the pass just as you would a bathroom pass or hall pass. A teacher, teacher's assistant or another student may wish to use the pass to suggest that another student go to the Safe Place. With modeling and practice, the Safe Place Pass can serve as a quick, non-disruptive way to direct a child to the Safe Place so s/he can regain control when concentration or emotions are starting to slip.

Directions:

1. Print, laminate and cut out the Safe Place Pass. Affix the Safe Place Pass to the foam core with double-sided tape.
2. Affix the soft side of the Velcro to the back of the Safe Place Pass.
3. Select a spot on the wall in your safe place to keep your Safe Place Pass. Affix the rough side of the Velcro to this spot on the wall and attach the Safe Place Pass.
4. You did it! You made a Safe Place Pass!

Other Options:

- Laminate the Safe Place Pass and lean it on the chalkboard.
- Trim the words "Safe Place Pass" off of the top of the card and tape the laminated card to the center of each table to remind children of the active calming techniques.
- Trim the words "Safe Place Pass" off of the top of the card and tape it to the corner of the desk of a child who would find it helpful to have active calming reminders near him/her at all times.
- Trim the words "Safe Place Pass" off of the top of the card and use it as a portable Safe Place in the home, car, playground, etc.

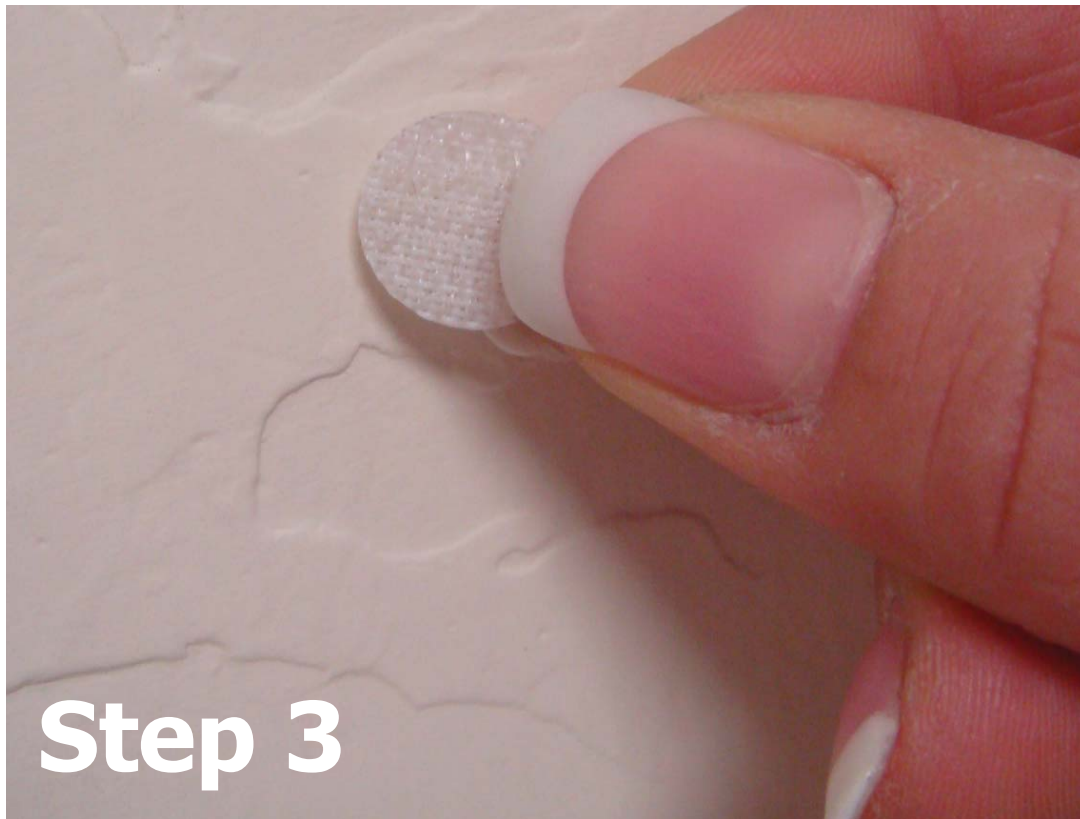
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Step 3



Step 4