



### My Safe Space

**Why we like it:** Visualizations bring calm and focus to any busy group of students. Students are learning to calm their amygdala and strengthen their prefrontal cortex.

**Duration:** 5 minutes

**Materials:** None

**Lesson Activities:** Optional-Mindful Coloring

**Video Link:** [My Safe Space Visualization](#)

#### VOCABULARY

Visualize, imagine, calm

#### MAKE IT A HABIT

Visualizations are a great grounding exercise after a busy activity such as recess or specials. They are also great before students are getting ready to do a long lesson or test that they will need a lot of focus.

#### PRACTICE IT

Set a goal- Try to do a visualization 1-3 times a week with students.

#### SEND IT HOME

After each visualization, there is mindful coloring. Send the mindful coloring home with a description of the visualization. Encourage parents to try it at home. Visualizations are great before bed!

#### Visualization Number 1 Ice Cream

##### Step 1

***As with all FocusedKids lessons, please modify as needed to make it work for you.***

Get students settled comfortably, in a circle, at desks, or around the room. Allow them to get comfortable in a space where they can focus. Turn down the lights to help with distractions.

##### Step 2

“Today we are going to do a visualization. We are going to get a picture in our mind to help us calm our mind and body and let go of any problems, or worries we may have right now. What part of our brain do you think we are calming right now? That’s right, Guard Dog. Get comfortable and close your eyes or look down (always offer the option to not close your eyes). This is so we can tune out the things around us and just focus on the picture we are going to create in our minds.” **(Change this dialogue up as students get more practice and know what to expect)**





## 5 Minute FK Visualization

<p>Step 3</p>	<p>“When you hear the sound of the chime that will be our signal that our visualization has begun. I will ding the chime again at the end to help us come back to our classroom.”</p>
<p>Step 4</p>	<p>Visualization: Take a deep breath in through your nose and out through your mouth (do this 3 or 4 times). Great, now I want you to imagine that you are somewhere that you feel safe. That could be right here, it could be in your bedroom, at the river, at a grandparent’s house, anywhere that when you are in that place, we feel protected, calm, and safe. Now as you begin to imagine this space in your mind, begin to use your senses to make the picture in your mind even clearer. Who do you see? Are you alone? Are there other people with you? What do you see yourself doing? Are you moving, playing, sleeping, or talking, or laughing? There is no right or wrong. This is about what you see in your mind. Now, what sounds do you notice? Is it quiet? Are people talking, laughing? Are there noises like someone cleaning or baking? What smells can you imagine? Maybe no smells come to mind. Maybe some do. How do you feel when you are in your safe space? Are you relaxed, happy, or excited? What are the feelings you have as you imagine yourself there right now? Maybe even bring a smile to your face as you imagine yourself in your safe space. Now notice your body. Does your body feel relaxed as you visualize your happy space? Now stay in this space as you continue to breathe. Feel the calmness of your mind and body. Take a deep breath in and a deep breath out. Continue until you hear the sound of the chime. When you hear the chime you can slowly, with no rush and on your time, sit up, open your eyes and come back to our space here and now.</p>
<p>Step 5</p>	<p>Ding the chime. Encourage students to quietly and slowly come back to their space. Remind them to be respectful of everyone around them. We all are doing what we need right now and we are going to help our friend by being quiet and staying in our space.</p>
<p>Step 6</p>	<p>Have a brief reflection. How did that feel? Ask students to share out. If a student says they couldn’t think of a safe space it is important to acknowledge that it is ok. Sometimes it is hard to think of something. But very important to follow up with them. Make note, is this a student who struggles in class. Has a hard time focusing, paying attention, or getting along with others. These are all indicators that there isn’t safety in this child’s life.</p>
<p>Step 7</p>	<p>You can pick any mindful coloring for this visualization that you think is a good representation of a safe place. Another suggestion is to have students draw a picture of their happy place. Share out:)</p>





MAKE IT YOUR OWN!

A large, empty rectangular box with a light blue background, intended for students to create their own visualization.

