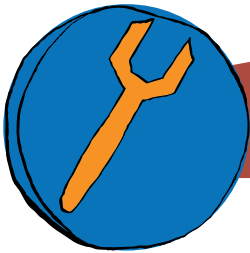


KEEP ME SAFE



TOOL 1H: SAFE SPACES

LINKED TO:

- Sections 1.4, 1.6, 4.3, 4.4



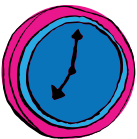
WHY?

- To help kids develop skills in relaxing
- Ending off a group session



WHO WITH?

- Children aged 6-14 years



TIME?

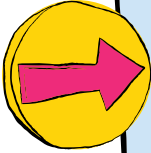
- 15mins +



YOU'LL NEED?

- Nothing
- Soft, gentle music (optional)
- Cushions (optional)

KEEP ME SAFE



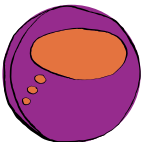
WHAT TO DO:

- Find a quiet space where kids can relax without distraction (this might be inside or outside). If you have some gentle music you can play this in the background to help children get into the right zone.
- Read/adapt the attached script slowly, giving kids enough time to relax their bodies and empty their minds.
- After completing the meditation allow the kids some time to re-energise. Offer them a glass of water and some fresh fruit. Some kids might like to stay in the quiet area or have some time alone. Take the cues from the kids themselves.



SOMETHING DIFFERENT?

- There are a range of meditation for kids tapes around the place. Trial them out with kids to see if they better meet their needs



.....

TO THINK ABOUT:

- Some kids find it incredibly difficult to relax, particularly in a group setting. Give kids permission to find some space to do something quiet that won't distract other kids – like colouring in, playing with lego or story writing.
- We've included some tips on creating a safe space for relaxation / meditation activities for kids below.



HAZARD ZONES:

- It's important that you have enough time for the activity and that there aren't people coming in and out all the time

KEEP ME SAFE

Some tips from www.Meditations4kids.com **CREATING A MEDITATION SPACE**

To get the best out of your meditation it helps to have a special space to meditate in. A special place to meditate encourages you to create a regular routine.

You can create this space in a corner of a bedroom, in the garden, in the lounge room... wherever you like. Just ensure that the space will be relatively quiet when you need it to be, allowing you to sit in peace.

If you use a cushion, stool or chair ensure that it is nearby and ready for use to make the process of getting into meditation as easy as possible. You can decorate your space with meaningful pieces of art or natural objects to make it that extra bit special. Often it is making the decision to sit and meditate that is the difficult part of the process not the actual meditation itself. Therefore anything you can do to encourage yourself will ultimately be of benefit.

THE MOST COMFORTABLE SITTING POSITIONS

There are a variety of ways to sit comfortably during meditation, with or without support. You can sit on a high cushion on the floor with your legs crossed. This is a very basic form of the traditional Indian lotus position. There are many zafus or high round cushions that support this style of sitting.

You can sit back on your ankles in the traditional Japanese seiza position. For this position you can use a meditation stool to take the pressure off your knees and ankles and to keep your back straight. If you would prefer not to sit on the floor you can sit on a chair. Simply ensure that you can put your feet flat on the ground to keep yourself steady, balanced and grounded and that your back doesn't slouch into the back of the chair.

Lying down is not the best position for meditating as it is energetically vibrant and it is far too easy to fall asleep.



KEEP ME SAFE

MEDITATION SCRIPT:

At different times in our lives we can feel stress. We can be worried or anxious or afraid and our bodies let us know how they're feeling and prepare us to either 'fight' or 'flight'. Sometimes, though, our bodies don't really help us deal with a situation. When we're angry, our body might tense up and our heart beat so fast that we can't think straight—all we want to do is get into a rage and belt someone. When we're scared, we might start to breathe really quickly; when we're nervous we start to twitch and forget things.

At times like these, we need to be able to relax a bit and take control. We need to look within us for somewhere safe where we can get rid of all the negative feelings and thoughts and other things that are holding us back.

We're going to find one of those spaces today. A place that you can go back to when you need to think clearly, where you can feel safe and in control.

What I want you to do is find a nice, comfortable spot away from anything that might distract you. Choose to do this exercise. Choose to forget about everything else around you and to focus just on you.

When you've found a comfy spot, have a bit of a wriggle until you're able to slowly settle down and relax.

What I want you to do now is to be aware of your breathing. Hear the air, feel the air as you breathe it in... and out... in and out... in and out...

As you breathe out, feel all the yucky, bad and unhappy thoughts and feelings leave your body. As you breathe in, feel your body relax. As you breathe in and out... in and out... in and out...

Focus on your toes - tense them up for three seconds - three, two, one, and then let them go limp. Let them totally relax

Now focus on your calves, the bottom of your legs, tense them up - three, two, one, and then let them go limp. Let them totally relax.

[Repeat: top of legs, bottom, hands, arms, chest, face]

Now focus again on your breathing. As you breathe in, feel your body become filled with warmth. As you breathe out, feel yourself breathe out any tensions or troubles. Breathing in... and out... in... and out...

I want you now to picture a place where you feel safe. It could be your bedroom at home. It could be the park. It could be lying down beside a river or on the beach.

Take a minute to become aware of everything that's around you. What can you hear? What can you see? What can you smell?

As you breathe in, feel yourself floating down to this special place. As you breathe out, feel all your worries float away.

As you're lying there in your special place, know that it is your place. No one can come here unless you invite them. In this special place you can be yourself without worrying about how anyone else will react— you are all alone in this special place.

At any time, when you're feeling scared or lonely or stressed, you can find this place by just closing your eyes and taking a few breaths. Breathe in the peacefulness of your special place and breathe out anything that's making your body become stressed.

When you're ready, start to leave your special place and, in your own time, feel your body return.

In your own time, slowly get back and open your eyes.

REINFORCE ABILITY TO RETURN TO SAFE SPACE AT ANY TIME.