

Active calming for yourself

Power: Perception

Step 1: Take three deep breaths to calm yourself.

Step 2: Affirm, "I am safe. Keep breathing. I can handle this."

Step 3: Wish well.



Active calming for an upset child

Skill: Composure

Step 1: Do the active calming process for yourself.

Step 2: Hold, rub, rock or sit beside the child, depending on what the child finds soothing.

Step 3: Continue breathing deeply.

Step 4: Say, "You are safe. Breathe with me," and continue breathing until calm.



Safe Place Progression

Mother's womb



Parent's chest



Parent's lap



Home or classroom
Safe Place



Inner peace



Safe Place Tools by Age

- **Infant:** The adult is the Safe Place. Breathe deeply, hold the child to your chest and focus on calming yourself.

- **Toddler:** Breathe to calm yourself and hold the child while you continue breathing deeply. Say, "You're safe. Breathe with me." Teach the child to smell the flower, blow out the candle, and to STAR.

- **Two years and older:** Begin teaching the four active calming techniques, STAR, balloon, drain and pretzel. Set up a Safe Place in your home and continue to use yourself as a Safe Place whenever needed.



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