

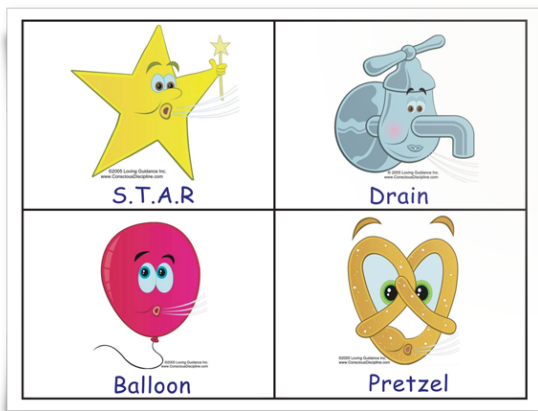
A Safe Place At Home

At times your child may be overwhelmed by strong feelings. At Roosevelt, all classrooms have a Safe Place. A Safe Place is for children to choose to go to when they want to be alone or have strong feelings and want to calm down.

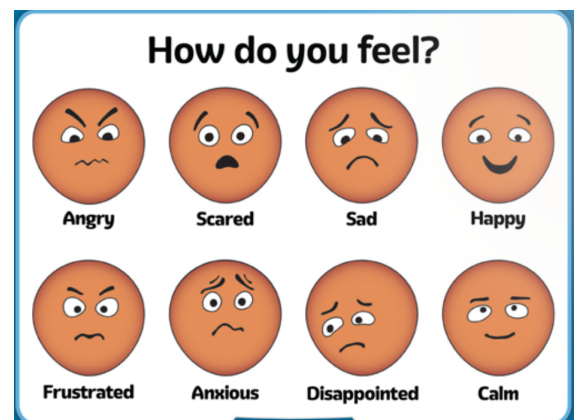
You can make one at home!

Consider making a Safe Place at home with your child. Ask your child where they think a great Safe Place would be. Examples can be in a room, a closet, their bed, pop up tent, chair, or any place a child can go to calm. Have them think of things that help them calm and include those in the space. If you need help, reach out to your child's teacher.

Here are tools your child has in their Safe Place at school. Feel free to use these at home.



Breathing Icons- [LINK](#)



How do you feel? Chart - [LINK](#)

Want to know more? Use this [LINK](#) from Conscious Discipline, explaining the how and why of a Safe Place at home. Watch this [webinar](#).