



Safe Place Sensory Integration Signs

Equipping your Safe Place with supplies that meet a variety of sensory needs is essential to this structure's success.

You can read more about creating a Safe Place in the Conscious Discipline book and Dr. Bailey's book, *Creating the School Family*.

The set includes five signs:

- Children with Special Needs
- Sense of Smell
- Sense of Sight
- Sense of Sound
- Sense of Touch

ConsciousDiscipline.com



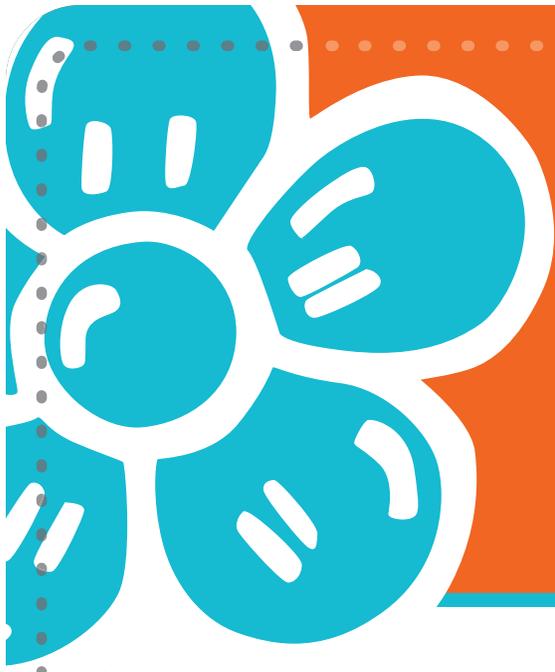
SAFE PLACE

CHILDREN WITH SPECIAL NEEDS

The Safe Place is designed for all children so that they can work to change their inner state from upset to calm in order to optimize learning. Some adaptations might be helpful to make when children with special needs are accessing the Safe Place.

Offer the following modifications when necessary:

-  **Physical proximity:** stay close by while a child is in the Safe Place
-  **Physical boundaries:** make sure that the area is a clearly defined space
-  **Minimize distractions:** only include necessary visuals to help children regain composure
-  **Task analysis:** break down tasks into smaller, more manageable steps
-  **Social stories:** “What to do in the Safe Place”
-  **Time limits:** helpful for children with social anxiety so that they can resume social activities with other children once composed
-  **First-Then books**
-  **Auditory prompts**
-  **Visuals prompts**
-  **Model behavior**
-  **Verbal prompts**



SAFE PLACE

SENSE OF SMELL

Smell is directly linked to:

-  The limbic system, which governs emotional memory, behavior and memory storage
-  The cortex, where conscious thought occurs
-  The nervous system

Research suggests smells:

-  Create vital connections that help children obtain optimal learning states
-  Can help individuals:
 - Set higher goals
 - Take on greater challenges
 - Get along better with others
 - Enhance mental alertness (peppermint, basil, lemon, cinnamon, rosemary)
 - Calm nerves & relax (lavender, chamomile, rose)

Provide:

-  Scratch & sniff stickers
-  Aromatherapy scents
-  Scented lotions:
 - Cranky Cream
 - Boo Boo Cream
 - Concentration Cream
-  Scented play-doh and other art materials



SAFE PLACE

SENSE OF SIGHT

Visual supports are tools that are used to increase understanding of language and environmental expectations, as well as provide structure for children with special needs.

Provide visuals in your Safe Place:

-  **Safe Place Icons:** S.T.A.R., Drain, Balloon, & Pretzel
-  **Choice Boards:** Positive strategies that the children can select to help them relax
-  **How do you Feel Chart:** Visuals to help children become aware of their current emotional state
-  **Safe Place Pass:** A laminated card with Safe Place icons available during circle or group time to allow child to go to Safe Place independently
-  **Composure Lap Pass:** Helpful for children experiencing rage
-  **Friends & Family Board or Book:** Display family pictures

Additional Helpful Visuals:

-  "Huggee" miss you dolls (holds a picture of loved ones)
-  Tornado tube
-  Motion wand
-  Aquarium (real or fake)
-  Kaleidoscope
-  Wave bottle
-  Sensory bottles



SAFE PLACE

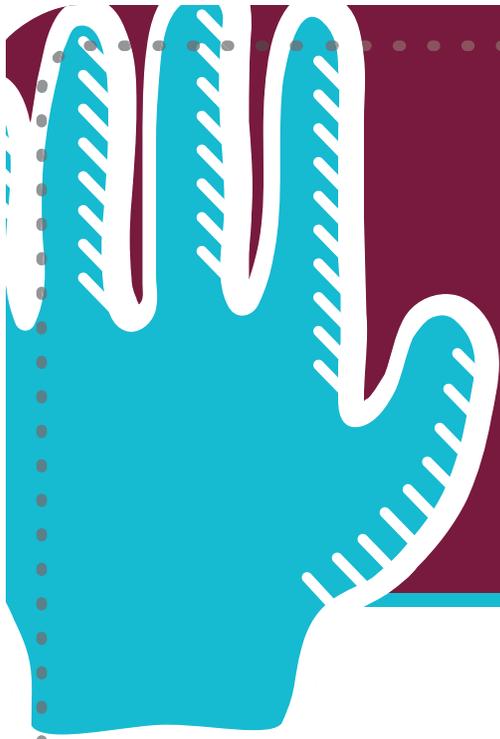
SENSE OF SOUND

Music can help children relax and boost memory. It is helpful for children with impulse control.

-  Play calming and familiar music
-  Major keys instead of minor keys
-  Music with strong base (rap) for older children
-  Rap helps some children with attention issues
-  Humming stimulates frontal lobes for impulse control

Provide:

-  Headphones for children who might feel over stimulated with loud sounds
-  Recording of parent in child's native language saying, "You're safe. Keep breathing. You can handle this. I love you."
-  Nature sounds
-  Classical music or music without words
-  Stuffed animal with recorded message
-  Voice output devices with recorded message or key phrase so a child can participate in class songs and chants
-  Portable CD player with headphones so that a child can listen to music independently



SAFE PLACE

SENSE OF TOUCH

Some children respond favorably to deep pressure receptors, specifically children who:

-  Are easily distracted
-  Lacking concentration skills
-  Hyperactive or stressed
-  Have immature sensory processing

Provide:

-  Weighted blankets (homemade or purchased)
-  Weighted vests
-  Ankle weights
-  Blankets for swaddling
-  Weighted beanbags
-  Lap table for writing
-  Opportunities to play "I Love You Rituals" involving touch
-  Vibrating objects such as vibrating bug, mats, pillows and "jigglers" oral massagers for calming and organizing the brain
-  Chewing food stations with foods such as crunchy foods, twizzlers, goldfish, crackers, etc., for children who may bite
-  Active seating: therapy balls, wobble chairs, air cushions/wedges

