

# Creating Feelings of Safety & Calm

**Peace in the body can create peace in the mind, and vice versa.**

Focused movement such as yoga is a great way to begin. In a quiet space, lead kids in the turtle pose (also known as child's pose):



## **Turtle**

When kids are overwhelmed or feel out of control, this pose can help them “turn down” overstimulating input from the outside... and maybe even their own internal noise.

Say, “Get on your hands and knees and sit back on your heels, resting your forehead on the mat. Walk your fingers away from your body to stretch your hips, thighs, and ankles. Try moving your arms back and holding on to your feet. Don’t forget to breathe!”

Then say, “Pretend you are a turtle, safe inside your shell. Or you can pretend you’re a tiny snail in a strong shell, or a little seed, safe and warm in the soil. You choose.”

**As kids stay in the pose, you might say:**

- Slowly breathe in, slowly breathe out. Feel your chest fill up and empty out. (Again.)
- Feel the ground beneath you. Silently answer these questions: What parts of your body are touching the floor or mat? What does the ground feel like beneath your forehead? Is it cool? Soft? Hard?
- You can rest here. Try to relax your muscles and let your shoulders fall. I’ll ask some questions, but only answer them in your head. Can you hear yourself breathing? Can you feel your chest getting bigger as you breathe in? Can you feel your heart beating?
- Whisper, “I can help myself calm down,” or “There are things I can do to feel safe,” aloud. Repeat the sentences and listen to the sound of your voice.
- When you are ready, come back out of your shell (or crawl up and grow out of the soil).