



The Safe Place Inside Us

Edited by Isaac Ackerman from *Singing to the Lions*

Activity

1. Find a comfortable space and sitting position.
2. Ask your group to close their eyes. Lead them in taking three deep breaths or your favorite breathing exercise.
3. Encourage them to cross their arms across their body and rest their hands on their shoulders (it should look like you are hugging yourself).
4. Tell the group to slowly and lightly tap their shoulders on opposite sides of their body—one and then the other.
5. While their eyes are still closed, ask them to imagine a place where they felt super safe! Give them a while to really visualize this place. Slowly invite your group to notice what they sense (see, smell, taste, touch, and hear) in their imagined space.
6. Ask your group to notice how they feel in their body. Do they notice tension or relaxation in their belly, neck or legs?
7. Calmly invite your group to open their eyes when they are ready. Remind them that this is an activity they can do at almost any time! It might feel silly, but it is a peace practice to help calm ourselves when the world feels like too much!

Tips and Remixes

- Encourage your group that they do not have to share information about their space if they do not want to share.
 - This activity can be paired with others!
Especially drawing activities help your group to further visualize and imagine their space!
- You might get more buy in from your group if you explain where this exercise comes from and that it is practiced around the globe. Some groups may enjoy learning that the tapping techniques are part of EFT (Emotional Freedom Technique).

