



The Safe Place Inside Us (extended)

Edited by Kaylie Allen from *Singing to the Lions*

Notes for the Facilitator

The Facilitator should read in a soft, slow voice and encourage participants to enter into a relaxing state.

Butterfly Hug

Singing to the Lions recommends teaching participants a "butterfly hug", which involves crossing one's arms and tapping their shoulders repeatedly.

Posture and Position

I also found groups that preferred doing this activity sitting in a circle with their hands resting on their knees, while others preferred standing and even swaying gently or walking in small paces while they listened.

Modifying the Exercise

The goal of this exercise is to promote internal peace, relaxation, and emotional regulation, so I believe each participant may have unique mechanisms for their own comfort and peacefulness.

Perhaps, give the participants a few options for stances before beginning, and be willing to adjust your instructions based on the age, size, and energy levels of the group.

*“Think of a safe place.
A real place that
you can go to...”*



The Safe Place Inside Us

Step-by-Step Instructions for Guiding the Exercise

Facilitator says: Close your eyes. Take three deep, slow breaths. Feel yourself relax.

Now think of a safe place...a real place that you can go to. It may be inside or outside. If you cannot think of a real safe place, then imagine a place.

This is a place where you feel good and so relaxed. You are now standing in this safe place.

1. **Smell** the air. What can you smell? It might be the grass or smells of cooking in a kitchen, or it may be something else.
2. **Feel** the ground or floor under your feet.
3. **Hear** the sounds -- the trees, the birds, voices, traffic, or maybe other sounds.
4. **Taste** the air. There is a good taste in your mouth.
5. **Look around** this safe place. This relaxing place. Look in front of you. Look to each side. What do you see?

The Facilitator Continues: In your mind, enjoy this place. Feel how peaceful this place is. Notice any feelings you have in your body.

Do you feel relaxed? If you have any pain or tension in your body, focus on this for a moment as you take some deep breaths. With each breath you feel more and more relaxed.

This is your safe place.

You can go there anytime you want, just by closing your eyes and taking three deep breaths. With each breath, feel yourself relax more and more. How comfortable you are, how content and peaceful you are. Enjoy it.

(Note: Wait a minute or two before inviting the participants to open their eyes and come back to the group)

Additional Instructions

At this point in the activity, facilitators may want to close with a prayer or a word about peace.

There are also further activities one can do to extend the group time and dive deeper into feelings of safety and peacefulness.

