

## Using the New Safe Space

This social story about the new look of safe space as well as the procedures for keeping it clean for all to use was created for the use of ALL our PEP classrooms.

Print the story (pages 2-9). You may choose to laminate and bind the book, or you may choose to staple the pages together.

Print the procedures and sensory tool ideas for your use when modeling how to use the area and for ideas in what may be included in a tool kits (kits should be 2-4 items individualized for each student).

Print and laminate the “CLEAN/DIRTY” sign, whichever one you prefer, and the checklist that is appropriate for your students (picture icons/no picture icons) and display them in Safe Space.

As with all social stories, plan an appropriate time to read the book with your students, answer their questions, model the correct use of the space, and model how cleaning the space will look. Have your students practice using and cleaning the space when they are calm. Read the book each day as part of your new classroom routines.

Thank you,

PEP Autism Collaborative

# Safe Space's Make-Over



Sometimes my feelings get so big that I need a place to go to calm myself and feel safe.

When this happens, I can use our classroom Safe Space.



Our Safe Space looks a little different now.

It looks different because we need to be able to keep it extra clean because of COVID-19. We cannot share safe space items. We want to make sure that we are not spreading germs.



When I need Safe Space, I can take my own sensory tool kit to use to help me calm by body and mind.



I can use the deep breathing (balloon, drain, pretzel, star)



S.T.A.R



Balloon



Drain



Pretzel

I can use Yoga poses that help me feel safe and calm



I can choose to just sit or lie down quietly



I will help my teacher clean safe space when I am done using it.



My teacher and I will review the Safe Space check list.

### Safe Space Check List

<input type="checkbox"/>	Put my sensory tools back in my sensory tool box
<input type="checkbox"/>	Help my teacher clean/spray down Safe Space
<input type="checkbox"/>	Change the Safe Space sign to "CLEAN"

When we are finished, I will calmly re-join the group.



# Safe Space Procedure

Check the safe space “clean/dirty” sign

If it is clean you can use the area

If it is dirty tell the teacher

Bring your own safe space kit/calming tools

Clean space after each use

Spray the area (mat, bean bag chair, laminated posters)

Review the Checklist

Take your tools back to your area

# Safe Space Individual Student Kit ideas

Stress ball

Mini play dough

Mini slime

Lotion (scented)

Coloring/mandalas/crayons/pencils

Personal noise cancelling headphone

Music

Chew tubes

Fidgets

Small blanket/pillow?

Body sock?

Feeling and yoga cards

CLEAN

Dirty

# Safe Space Check List

	Put my sensory tools back in my sensory tool box
	Help my teacher clean/spray down Safe Space
	Change the Safe Space sign to "CLEAN"