



Supporting Systems

Creative Brief: My Calm and Quiet Place

How can I access my calm/quiet place to support my learning?

Purpose

Many homes are bustling and active places. Children often come to their learning places from circumstances in their communities that can affect their homes. This awareness can be useful as a resource during times when a child has difficulty with their regulation and learning.



Stilling Exercise

- Children may or may not have difficulty with stilling themselves inside or out.
- Children and parents sit in a circle or facing each other on chairs. Elementary school children respond to distinct small gentle physical suggestions. Examples like how to cross their legs, how to sit in their chairs with their feet on the ground and how to sit with their backs straight like trees.
- Parents and children should breathe in and out slowly a few times. You might begin with a visual aid such as an expandable ball or your hands to demonstrate the rhythm of the breathing; then have students close their eyes and breathe slowly three times in and out.
- A guided story about finding their quiet place can be a good place to start. Start by having children find a place where they can be quiet in their minds. You can describe, in a story how you get to your quiet place. Describe what it might look like, sound, or feel like and then invite them to go to their calm and quiet space. Guide children back after a minute or two depending on how still the circle is.
- Some children may need redirection during the exercise. If you know what your child might have difficulty with; you can ask them to help you demonstrate to your other children. If they are young, place stuffed animals on the floor next to them to represent their classmates and demonstrate for them. They can draw pictures of their classmates or have papers with their names. I call it "being my second." This establishes your place and gives them one.
- After the exercise, students can share something about their quiet place with a partner or you.

Quiet/Calm Systemic Exercise

- Invite students to hold their quiet place inside of themselves and return to their workplace.. Using provided paper and art supplies, students can draw their quiet place. Where are they? Is there anyone with them? The parents can also draw about their quiet place. It might enhance the process to quietly reinforce that they are drawing from the inside out.
- Afterward, you can share it again and hang their drawings up. Children can refer to the circles as anchors during their day. They can decide where and how to place them in the classroom. Experiment with different methods, Repeat again when it feels right, use different shapes to draw on or see if there are other quiet places. Students may also want to make a second drawing to keep in a special place.