

# Safe Space

## *Activity*

**Resource:** Ideas for Action

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

## What Is it All About?

Create a physical safe space for students to practice mindfulness, learn about chosen growth and development topics, or to simply relax and be in a quiet environment.

## Why Do It?

It's important to feel safe at school, and you can create a warm and welcoming space where students can relax, unwind, calm down, process events or feelings, and access resources (e.g., information on local counselling services, Draw-The-Line resources).

## How Do We Do It?

Get permission to designate a physical safe space – this could be a corner in the library or a small room that isn't currently in use.

Consult with students to learn what they would like to see in the room. Consider layout, furniture, decorations, and resources.

Consult with students and adult allies to decide how the space will be managed and monitored.

Considerations include when the space will be open, and if the guidance counselor or teacher will be checking in on the space regularly, etc.).

If your school has a guidance counsellor, make sure that they are aware of the safe space and how students plan to use it so that they can support students if needed.

Work with your team to design the space, including what kind of furniture you would like to have, and how the space will be decorated.

Talk to your adult ally about finding furniture for the room. Get creative—maybe there is un-used furniture in the school or perhaps families can donate gently used furniture for the space.

Host a decorating day and invite students to participate in setting up the room.

Host a grand-opening to celebrate the opening of the space.

## What Else Do We Need?

- Furniture
- Materials to decorate the space
- Relevant pamphlets and information on community supports to display
- Signage on appropriate use of the space (e.g. group norms, roles and responsibilities)

## How Do We Get Creative?

Display student art in the safe space.

Install a bookshelf and start a book exchange.

Add music.

Host guided meditation sessions in the space.

Host wellness workshops in the space for students and staff.