

Calm place exercise for Kids

Bring up a place, either a real or imaginary place, that when you imagine being there you feel calm. It needs to be a place that is calming, not exciting and not happy, just a place where you can feel safe, quiet and comfortable.

When you imagine being there, just notice the sounds and sights and how you feel right now.

What are you seeing?

What are you hearing?

What does it smell like?

What does it taste like? Is there a flavor, are you eating something delicious or drinking something you like?

Is there a physical feeling being there like is it soft and cushy and fluffy?

What phrase comes to mind when you sit in your calm place? Oh, this is so peaceful, or this is my place or it's so quiet or just the word *safe*?

Have the client sit in their calm place while you do slow taps or eye movement then ask what they notice or is there anything different. You are checking to see that it stays safe as well as if they've added any other things to make it better.

OK now bring up something that was mildly annoying that happened to you today or yesterday and tell me about it. Do you feel the feeling of being annoyed or frustrated? Now I would like for you to bring up your calm place and your phrase and see if you can feel a positive shift.

You may need to restate the words that they use to describe their calm place to help them feel the shift from being annoyed and frustrated to being calm. Do slow taps or eye movements to reinforce the feeling.

Now I would like for you to do it again in your head, bring up something mildly annoying that happened today or yesterday and feel your feelings getting annoyed and then put yourself in your calm place and see if you can feel the shift. Let me know when you're finished.

What we've learned is that you can change your state. You can go from being upset and annoyed and frustrated to feeling calm and that's amazing. This means that you have control of your emotions, you can decide when you feel angry and frustrated and when you want to feel calm.

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