

SOCIAL AWARENESS

Safe

“I feel like me again.”

In the book: Chapter 16 · Coming Home

WHAT IS UNDERNEATH — AN IFS VIEW

Parts have stepped back and Self is leading — curious, calm, connected. This is the state to name and map so a child can find the road back to it.

TRY THIS, RIGHT NOW

Notice where in your body “safe” lives.

FOR THE CHILD

Find where “safe” lives in your body. Put your hand there and remember the spot.

FOR A PARENT

Name it out loud when it happens: “This — right now — this is what calm feels like in you.”

FOR AN EDUCATOR

Anchor the class in it at the end of a session, so the felt sense of safety is what they carry out of the room.

DRAW OR WRITE — WHEN DID YOU FEEL THIS?

A feeling is not the whole child. It is a part of them doing a job. Meet the part, and the child has more room.