

Finding Your Own Calm Place



Everyone has their own idea of a 'calm place.' It might be in a forest, by a lake, near the mountains or just in your garden or bedroom. Wherever yours is, it is somewhere you can take yourself to when you need time out away from everyone else. Whether it is in your imagination or it is a real place, these calm spaces are very precious. They give us the feeling of peace, calm and safety.

My own 'calm place' is in my garden or indoors by my log fire. When I am in the garden, the sound of water falling in my small fountains is soothing; the sound of the birds singing cheers me and the smell of the flowers is relaxing. If I am indoors by the fire then the crackling of the logs and the heat of the fire is comforting and calming.

We all need our own space where we can feel safe and calm. If you would like to share a picture of yours then please send them to me, telling me whether we could put them on the school Twitter page.

When we are in our calm place, I'm sure we all have different ways to calm down and relax: I listen to music or do some knitting. Yours might be playing games or watching videos.

One way of relaxing is to listen to guided visualisations like the ones we use in Well-being lessons in school.

Here is one for you to try; you might need to get a parent/carer to read it to you.

So make yourself comfortable, sit or lie back....and relax.

Peaceful Place

The purpose of this peaceful place relaxation script is to relax your mind and guide you to imagine your own peaceful, safe place. This place will be an imaginary area that you can visualize to help calm and relax your mind when you are feeling stressed.

Begin by setting aside a few minutes so that you can relax without having anything else you need to focus on. Find a comfortable position.

For the next few moments, focus on calming your mind by focusing on your breathing. Allow your breathing to centre and relax you. Breathe in.... and out.

In..... out.....

In.... Out.....

Continue to breathe slowly and peacefully as you allow the tension to start to leave your body.

Release the areas of tension, feeling your muscles relax and become more comfortable with each breath.

Continue to let your breathing relax you.... breathing slowly, gently, comfortably.....

Now begin to create a picture in your mind of a place where you can completely relax. Imagine what this place needs to be like in order for you to feel calm and relaxed.

Start with the physical layout of the place you are imagining..... where is this peaceful place? You might envision somewhere outdoors.... or indoors..... it may be a small place or large one..... create an image of this place.

Now picture some more details about your peaceful place. Who is in this place? Are you alone? Or perhaps you are with someone else? Are there other people present? Animals? Birds? Imagine who is at your place, whether it is you only, or if you have company.

Imagine even more detail about your surroundings. Focus now on the relaxing sounds around you in your peaceful place.

Now imagine any tastes and smells your place has to offer.

Imagine the sensations of touch... including the temperature, any breeze that may be present, the surface you are on.... imagine the details of this calming place in your mind.

Focus now on the sights of your place - colours, shapes.... objects.... plants..... water..... all of the beautiful things that make your place enjoyable.

Now imagine yourself there. What would you be doing in this calming place? Perhaps you are just sitting, enjoying this place, relaxing. Maybe you imagine walking around.... or doing any other variety of activities.

Picture yourself in this peaceful place. Imagine a feeling of calm..... of peace..... a place where you have no worries, cares, or concerns.... a place where you can simply rejuvenate, relax, and enjoy just being.

Enjoy your peaceful place for a few moments more. Memorize the sights, sounds, and sensations around you. Know that you can return to this place in your mind whenever you need a break.

In these last few moments of relaxation, create a picture in your mind that you will return to the next time you need a quick relaxation break. Picture yourself in your peaceful place.

When you are ready to return to your day, file away the imaginary place in your mind, waiting for you the next time you need it.

Turn your attention back to the present. Notice your surroundings as your body and mind return to their usual level of alertness and wakefulness.

Keep with you the feeling of calm from your peaceful place as you return to your everyday life.

I hope this helps you,

Ms Lewis.