



CARE: Environment

Practice: Centering Space

The Centering Space is a designated area of the classroom that students can access to support their emotional self-regulation. Below is a sample six-week plan to introduce this structure to your students. This plan is intended to serve as an example; feel free to modify or extend it.

	What's available in the Centering Space?	Our Classroom Plan
Week 1	Centering Space is closed to students. Introduce Centering Space and review Breathing Strategy	<p>Day 1: Introduce the concept of the Centering Space. Practice Breathing Strategy.</p> <p>Day 2: Read Centering Space Social Story. Practice Breathing Strategy.</p> <p>Day 3: Read a book to introduce the concept of big feelings, (e.g., <i>Little Monkey Calms Down</i>). Practice Breathing Strategy.</p> <p>Day 4: Read Centering Space Social Story. Practice Breathing Strategy.</p> <p>Day 5: Preview the Centering Space area in the classroom. Show students the posted breathing strategy.</p>
Week 2	Centering Space area is closed. Introduce the steps of the Centering Space and Recognizing Feelings	<p>Day 1: Re-read Centering Space Social Story. Practice Breathing Strategy.</p> <p>Day 2: Discuss with students what your body feels like when you have a big feeling. Use the mirror to see what it looks like in your face. Connect this to the first step in using the Centering Space: <i>"When I have a Big Feeling, I can visit the Centering Space."</i></p> <p>Day 3: Review the second step in using: the Centering Space: <i>"I take 3 deep breaths to regulate my brain and body."</i></p> <p>Day 4: Introduce the "How do you Feel?" poster and the Feelings Friends. Connect these tools to the third step in using the Centering Space: <i>"I will use the mirror or my Feelings Friends to name how I am feeling."</i></p> <p>Day 5: Re-read Centering Space Social Story. Practice Recognizing Feelings and Breathing Strategy</p>
Week 3	Centering Space area is open	<p>Day 1: Review three steps covered so far.</p> <p>Day 2: Introduce a calming activity students can use in the Centering Space. Connect the calming activity to the fourth step in using the Centering Space: <i>"I choose an activity that will calm my brain and body"</i></p> <p>Day 3: Re-read Centering Space Social Story. Practice Breathing Strategy, Recognizing Feelings, and Calming Activity. Provide guidance on how long students should stay in the Centering Space.</p>



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		<p>Day 4: Teach a silent signal students can use to indicate that they need to visit the Centering Space (e.g. hand signal, card.)</p> <p>Day 5: Revisit any components of the process that students may need additional support with.</p>
Week 4	Centering Space is open.	<p>Suggestions for the week:</p> <p>If possible, plan to have a teacher join students to support them through the Centering Space process.</p> <p>Revisit any components of the process that students may need additional support with.</p> <p>Consider creating a class book about how and why we use the Centering Space. Each student can contribute a page.</p>
Week 5	<p>Centering Space is open with a focus on problem-solving.</p> <p>Add conflict resolution visuals and other problem-solving strategies to the Centering Space.</p>	<p>Day 1: With your class, think of a problem that might provoke a big feeling. Brainstorm a few possible ways to solve that problem. Connect these strategies to the fifth step in using the Centering Space: <i>"I think back to my problem and make a plan for what's next."</i></p> <p>Day 2: Revisit the problem from yesterday and guide students through a problem-solving strategy focused on conflict resolution, (e.g. The Peace Path, asking a teacher for help, CSEFEL solution cards). Use visuals to support students with this strategy. Provide sentence stems for students to use.</p> <p>Day 3: Practice a new scenario using your class's conflict resolution strategy.</p> <p>Day 4: Practice a new scenario using your class's conflict resolution strategy.</p> <p>Day 5: Practice a new scenario using your class's conflict resolution strategy.</p>
Week 6	Centering Space is open.	Continue to practice each step in the Centering Space process and revisit your class's conflict resolution strategy. This is a process that can be returned to and refined throughout the year.