

## **SAFE SPACE or WOMB SPACE**

The term Safe space or Womb space refers to a space that is contained or enclosed in which an individual feels safe and secure. They can be passive or chose to be active in this space.

**Typically it would be a cordoned off/screened off area in a room.**

It would be quiet

It would have lots of heavy pillows, blankets, fabrics in it that help to make it a snug area. The heavy objects are also calming.

There may be a selection of tactile activities, vibrating objects or toys and a range of smells to choose from.

Activities within the womb space are student lead. Whilst items should be available to the student they are no generally introduced to the student. A student will instinctively choose what their sensory system needs.

### **For example:**

The student may choose to lie still

The Student may choose to lie under a blanket

The student may choose to have something heavy on them

The Student may choose to hold something vibrating.

The student may choose to explore things through touch.

The session ends as the student removes themselves from the womb space voluntarily.

The student should be immediately directed back to the classroom or to care activities.

### **Recording the session**

The students may be affected during and immediately after the session.

Or effects can be seen much later in the day due to delayed processing.

It is important for all staff working alongside the student to know that they have had a Womb Space/ Safe Space break at some point in the day.

Observations of all behaviour must be recorded in order to adapt the Womb Space/ Safe Space to suite the student.

There will be a specific feedback sheet to fill in when students first take part in a womb space/safe space. This sheet will be replaced with writing in the daily diaries as a particular method for womb space is agreed.