

# Creating Sacred Space

*What makes a space “sacred”?*

- Safety
- Reverence for a higher power
- Respect, non-judgment and acceptance are offered to all
- Being in it heightens spiritual awareness
- It's inviting and kid-friendly
- There's a focus-point such as a table, candle or something from nature
- Rituals are used to tie it all together and connect people

*Making your class area a sacred space*

- Tap into the senses
- Play soft music
- Use aromatherapy (a combination of chamomile and orange are very calming for children) or a scented candle (if it can be done safely)
- Dim the lights
- Drape fabric on a table
- Place things from nature (shells, rocks, flowers, leaves, pinecones, interesting pieces of wood) around the room or on a table
- Sit in a circle when sharing group experiences. A circle puts everyone in a place of honor. It's like God's love. It has no beginning and no ending.
- Use environmental cues (bell, chime, lights off, word, song) to announce transitions

*Teach children about their own personal “sacred space”*

Use a carpet square or a small hula hoop to help children get a sense of their personal boundaries. The hula hoop can be lowered and raised around each child to demonstrate. During prayer/meditation time they can be reminded to stay in their own personal sacred space.