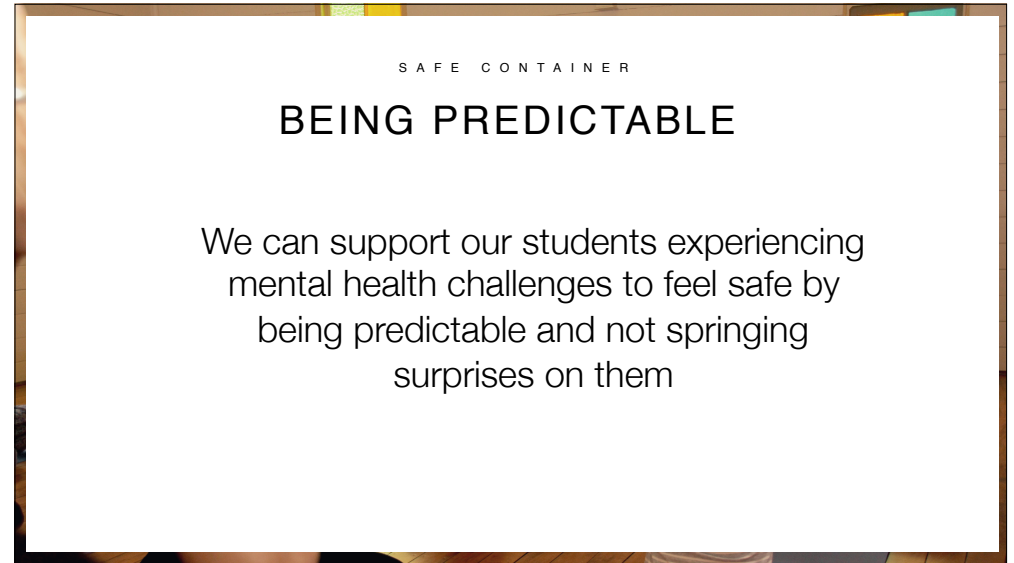




SAFE CONTAINER

BEING PREDICTABLE

1



SAFE CONTAINER

BEING PREDICTABLE

We can support our students experiencing mental health challenges to feel safe by being predictable and not springing surprises on them

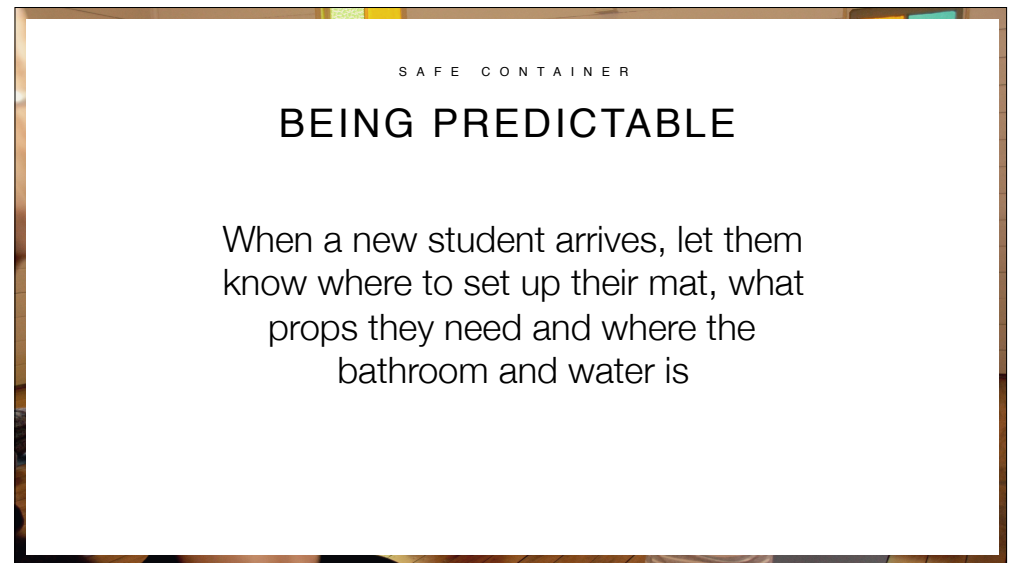
2



SAFE CONTAINER

GUIDELINES FOR BEING PREDICTABLE

3



SAFE CONTAINER

BEING PREDICTABLE

When a new student arrives, let them know where to set up their mat, what props they need and where the bathroom and water is

4

SAFE CONTAINER

BEING PREDICTABLE

Welcome and farewell students
in a similar way

5

SAFE CONTAINER

BEING PREDICTABLE

Configure the mats in the
similar way each class

6

SAFE CONTAINER

BEING PREDICTABLE

Start and end the class in a
similar way each time,
creating a gentle ritual

7

SAFE CONTAINER

BEING PREDICTABLE

Be very clear in the description of
the class on your website or flier,
so the student knows what to
expect before they arrive

8

SAFE CONTAINER

BEING PREDICTABLE

Be really predictable with touch

9

SAFE CONTAINER

BEING PREDICTABLE

Be consistent with and between
your students

10

SAFE CONTAINER

BEING PREDICTABLE

Always keep the lights on

11

SAFE CONTAINER

BEING PREDICTABLE

If you do dim the lights for savasana,
always inform the students in advance, and
always keep enough light that students can
see everyone in the room and they can see
the exit should they need it

12

SAFE CONTAINER

BEING PREDICTABLE

Always keep the exit door unlocked
and accessible

13

SAFE CONTAINER

BEING PREDICTABLE

Don't move around the room too much

14

SAFE CONTAINER

BEING PREDICTABLE

If someone comes into the room, for
example a late student or an assistant
bringing extra props, let the students know
what is happening

15

SAFE CONTAINER

BEING PREDICTABLE

If you have an assistant, introduce
the assistant and their role at the
beginning of the class

16

SAFE CONTAINER

BEING PREDICTABLE

Let students know how long they
might stay in a pose

17

SAFE CONTAINER

BEING PREDICTABLE

Start and finish the class on time

18

THANK YOU

19