

# Experiencing energy sources



## Aims and outcomes of the energy sources unit

- Experiencing safety and security
- Discovering and experiencing the concept of a safe space
- Experiencing nature as a place to re-energise and relax
- Becoming acquainted with contacts for worries, distress, or fears

## What does sources of energy mean?

Energy sources are protective factors. They can help when one is dealing with challenging situations and to solve problems well.

Feeling secure is the basis for the prospect of good and healthy development.

Dear parents,

In this part of the ReSi+ programme for children, we will be focused on the topic of energy sources. Energy sources are, for example, places where we feel secure and well or people who we connect with these feelings. Therefore, we will explore different places and situations in which we feel comfortable and at ease. The children can experience their feelings associated with safety and security. Studies show that children who experience security and who have people around them who support them and with whom they feel secure develop resiliency. That means that they can learn and deal with challenges more easily.

In the ReSi+ children's programme, the children will playfully explore nature and experience relaxation exercises. They will create a picture (a "trust network") that shows who they can go to when they have questions or worries.

The children will consider the safe spaces or happy places of various animals in a picture book.

## Example exercise from the ReSi+ children's programme

**My safe place:** The children will look at the book, *Orte zum Wohlfühlen*. Natural landscapes are depicted in the book.



## Letter to parents about the ReSi+ programme

### Contact

ReSi+ Team  
infos@resiplus.de



#### Project Leadership

Prof. Simone Pfeffer  
simone.pfeffer@th-nuernberg.de

Prof. Christina Storck  
christina.storck@th-nuernberg.de

More information: [www.resiplus.de](http://www.resiplus.de)

### Funding

ReSi+ was developed at the Technische Hochschule Nürnberg Georg Simon Ohm's Faculty of Social Sciences in cooperation with the German Forum for Crime Prevention (DFK).

The ReSi+ project was funded by the Federal Office of Justice.

**ohm** Technische Hochschule Nürnberg



Then the children consider the puzzle of where the animals could be hiding. On the following page, the picture is zoomed in on and an animal is shown in a place in which it feels safe and protected.



Through questions and conversations, the children experience the safe space with all of their senses:

What can the animal see in its safe place? What can it hear or smell? How does it feel when it considers what it senses?

To complete the exercise, the children share about places where they feel safe and secure. They can also draw or craft their own places.

### Tips for parents

As a family, you offer your child safe spaces and many other sources of energy. The following suggestion can be used to explore and talk about your safe spaces with your child.

#### Something to try

Together with your child, visit places where you or your child feel safe and secure. Speak with your child about why you feel safe and secure in this place.

Share your experiences of other safe spaces with your child. Share a common experience of how much energy can be drawn from these places.