



B.C. First Nations Head Start **A Bunny Hole**

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SNCEMA'LATEN (UPPER NICOLA) HEAD START HAS CREATED A GETAWAY SPOT FOR CHILDREN—A SMALL TEEPEE set up in the corner of the room, made comfy with a sleeping mat, a blanket and some pillows. "This is a space for a child to go to when he/she needs to be alone. It is not a time out; a child is never sent there. It is their decision to go into the bunny hole. They come back out when they are read to join the others. All other children are asked to respect someone's decision to be alone and not to bother them if they have chosen to be by themselves. The child does not have to ask permission to use the bunny hole. When the flaps on the teepee are closed, everybody knows someone is in there.

This has been a great success. The children love having the option of going off by themselves. For some children, the overstimulation of the day and the activities is too much for them; this spot gives them a chance to get away and recharge.

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