



Tips for Creating a Peace Corner:

- * **Find a quiet spot in your home.** Ideally, this will be in the shared family space (i.e. not a space that belongs to one person) that has a bit of privacy. (*We've found the corner of a formal dining room works well!*)
- * **Create a cozy space.** Use pillows, a blanket, a small rug, a beanbag chair, etc. Whatever items you have on hand are great. Be sure to include a basket or bin so that your "Peace Corner" materials have a designated home.
- * **Name your area and label the space.** Popular names include "Peace Corner," "Safe Zone," "Calm Corner," "Quiet Corner," "Time with God." Posting a small sign will set this space apart as special and will help set good boundaries for healthy use.
- * **Determine guidelines for use and communicate expectations to family members.** For example, guidelines might include: one person at a time in the peace corner, treat yourself and others with respect, remember your feelings matter, and know you are deeply loved. You may even choose to write these down and post these in your space.
- * **Choose materials that are only to be used in the peace corner.** It is best to keep them relatively simple and accessible so that options are not overwhelming and so that children can build independence as they use them. It is also important that materials have a permanent home in this space so that children can use them consistently and immediately (without the frustration of needing to locate additional items).
- * **In addition to the items provided, you may also want to include 1-2 special books** such as *The Rabbit Who Listened*, *Breathe Like a Bear*, *Images of God for Young Children*, or *When God Made You*, which are encouraging options that nurture feelings, peace, and time with God.
- * **Other helpful items might include** coloring pencils, clipboard, and a wooden cross. For pre-readers, a visual or tactile item like a liquid motion bubbler, expanding ball, glitter jar, or stress ball may be a useful addition.