

# PEACE CORNERS

## WHY IS IT HELPFUL?

A Peace Corner is a physical, mental or emotional space where children who are upset or having a difficult time can go to calm down and get centered. Peace corners give children a time and a place to learn how to manage or self-regulate their emotions. Self-regulation is being able to manage your emotions or behavior in response to a situation. Using their imaginations, children can visit their peace corners even when not in a physical one.

It's important to remember that going to the peace corner is voluntary and that it is not a punishment or a "timeout".

## HOW TO USE A PEACE CORNER

Allow children to choose how they would like to spend their time in the peace corner. This will allow them to recognize what helps them calm down and promote emotional self-regulation.

Set these guiding steps in your peace corner for the student:

1. Set the timer for 3-5 minutes
2. Let them choose the self-care tool they think will best meet their needs
3. Let peace time begin!
4. Have the child return to the group or other activity

## THINGS YOU CAN DO

Your Peace Corner can have:

1. Books
2. Pictures or posters
3. Paper, pencils or markers with construction paper
4. Coloring books
5. Manipulatives for the child to interact with such as a soft fabric, slime or play-dough
6. Breathing or other relaxation activities

Do not be limited by this list. Get creative, the possibilities are endless! What matters most, is that it work for the child.

TIP: Teachers can send activities home with students for their at-home peace corners