



## Peace Corner

Create Your Special Space

**Goal:** Designate a place in your home to unwind, calm down or to just relax and meditate. You can use your peace corner together with your child, or by yourself.

**[Tip]:** Try to make your peace corner comfortable with things you love like books, a blanket, or a small plant.

**Why is this important?** Having a special place in your home to unwind can help manage stress.

**Looking for more information?** Check out our websites [Sight Words](#) resource!

**References:** Alexander, J. (2018). Spirit of the home: How to make your home a sanctuary. HarperCollins.

Epstein, S. P. (2019). Creative interventions for challenging children and adolescents : 186 techniques, activities, worksheets & communication tips to change behaviors. PESI Publishing and Media. Retrieved February 26, 2023, from <https://public.ebookcentral.proquest.com/choice/publicfullrecord.aspx?p=6260916>.