



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.

References: Keng, S.-L., Smoski, M. J., & Robins, C. J. (2011). Effects of mindfulness on psychological health: a review of empirical studies. *Clinical Psychology Review*, 31(6), 1041–1056. <https://doi.org/10.1016/j.cpr.2011.04.006>