



# PEACE CORNER

# Setting Up a Peace Corner in Your Classroom

Setting up a Peace Corner in the classroom gives children the responsibility of self-regulating their own emotions in a peaceful and safe place. The Peace Corner should be a designated area for calming down. It needs to be a quiet place - if possible, away from student desks.

## Rules and Expectations

Add rules and expectations to your Class Agreement for the Peace Corner with your class for children to respect and follow. For example, you may want to place a limit on how long a student can stay in the Peace Corner. You may also determine a hand signal for students to use when they need to go to the Peace Corner and for when they are ready to return to the group.



## Bright & Happy Colors:

By using bright and happy colors, the Peace Corner becomes a visible reminder to all children that it is a safe and peaceful place in their classroom for calming down.



## Make it Comfortable

Ensure the furniture you choose for the Peace Corner is comfortable and relaxing. You may use a rug to cover the floor and decorate the area with bean bags, pillows and soft blankets.



### Instructions on How to Calm Down

Display posters in the Peace Corner that demonstrate to children how they can calm themselves down with step-by-step breathing activities.

### Peace Kit

Keep a Peace Kit in the Peace Corner filled with a range of sensory tactile objects.

### Suggested Items to Place in a Peace Kit

- **Stress Balls** – These can be bought or made out of balloons and rice. Children can squeeze and poke the stress ball to release negative emotions.
- **Soothing Bottles** – Fill a plastic bottle with water and items such as glitter and jelly beads. Children can stare at the glitter floating around. This settles their breathing and emotions.
- **Stuffed Toys** – Stuffed toys can be bought from discount stores. It gives students something that is soft and comforting to hug.
- **Small Puzzles** – These can be bought from a Dollar-Tree. Puzzles distract children away from negative emotions, calming them down.
- **Noise Cancelling Headphones** – Some students become overwhelmed when there is too much noise. By blocking out the noise, the student can calm themselves down. You may also allow the students to listen to calming music with headphones.
- **Books on Emotions:** Books can help children identify and express to others an emotion they are feeling.
- **Coloring Books:** Coloring is a form of art therapy and helps children to calm down and express emotions.