

PEACE CORNERS

WHY IS IT HELPFUL?

A Peace Corner is a place 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.

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

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

TIP: You can also teach some children to be "peace helpers", who help other children (at home or in the classroom) talk out a conflict, or listen to a child who is feeling sad.