

Peace Corner Setup Guide

Create a calming, safe place to find peace and feel better



How about creating
a cozy space where
you'll feel comforted.

Remember

- It's okay to have big feelings.
This is a place that always
helps us calm down and
reconnect.

Peaceful Name Ideas:

- Calm Corner
- Cozy Cave
- Feel Good Spot
- Quiet Place
- Pause Space

Gather Comfort Items

- ☐ Pillows
- ☐ Stuffed Animals
- ☐ Blankets
- ☐ Soothing Objects:
Fidget. • Calm jar.
Coloring book. Nature sound

Post Helpful Tools & Ideas:

- ☐ Posters of
Calm Activities
- ☐ Feelings Chart
- ☐ Breathing Reminder
- ☐ Positive Affirmations



You Are My Safe Place

When I feel _____,
you help me by _____.

Something I love
doing with you is...

★ I Love About You: ★★

Draw or write here.

★★ You Love About Me: ★★

Draw or write here.

★★ Today I Feel... ★★



Parent-Child Connection Coupons

Cut these out. Pick a special coupon to use together!



5 Minute
Hug



Bake
Cookies



Movie
Night



Game
Time



Build
Something



Camping
Indoors



Extra
Bedtime
Story



Picnic
Outside

♥ We always make time to connect. ♥



Our Family Agreement

Let's create a list of our shared values and agreements

★ Guiding Values

🤝 Our Agreements

❤️ How We Show Respect.

🔍 When Challenges Happen.

Signed _____



We strive for progress rather than perfection—
we're in this together.



Next Steps Planner

Write down your plan and make a goal!



What I want to change:



My goal:

☐ Steps I'll take:

☐☐☐

♥ I can do **this!**

If I need help, I will ask...

Deadline:

Reward

