

# 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

## Heart Gather Comfort Items

Pillows



Stuffed Animals



Blankets



Soothing Objects:

Fidget, Calm jar,

Coloring book, Nature sound



## Heart 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

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## 🤝 Our Agreements

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## ❤️ How We Show Respect.

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## 💡 When Challenges Happen.

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Signed \_\_\_\_\_

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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 \_\_\_\_\_

