

# Creating a Peace Place

A peace place is an area of your home where your kids can go when they need to calm their bodies and emotions. It is a calm, relaxing, and quiet space that is all theirs. They have the freedom to retreat to that space when they need to relax, recharge or even release anger or frustration. This should be a positive welcoming space. If you think about it, adults do the same thing. We retreat to our bedrooms, man caves, offices, etc. when we need time to focus or just relax.



When you and your child set up their safe place assure them that everyone needs to take a break occasionally. The use of a safe place helps children learn how to take responsibility for managing their own emotions. At first, your child may need prompting to go to their peace place but after several positive experiences they will most likely begin to retreat to the space on their own. It's important to note that a peace place is not a punishment or time out area. Using it for those reasons will create negative feelings about the space. In order to help your child feel comfortable, consider going with your child to the safe place and sit with them while they calm down. When you are together in the space try not to resolve any issues. It's not the place to parent or ask for an apology. Parenting and resolving the conflict is very important but try to do so once your child is calm and out of the peace place.



## Now the fun part: Creating the Peace Place

Ideally, you and your child should create the space together. Allow him/her to pick out the location of the space as well as what is in the space to create a sense of ownership and pride. The peace place can be anywhere in the house. It could be a tent in a shared area, a cozy corner, a part of the bedroom, etc. The peace place works best when it's a small space with boundaries.



### Here are some ideas for you to try with your child:

Pillows or cushions

Cozy blanket

Small Toys

Coloring books

Colors

Markers

Books

Stress balls

Stuffed Animals

Activity books

Pinwheels

Bubbles

Picture books

Yoga flash cards

Fidgets

Music with headphones

Playdough

Photos

Scratch and sniff stickers or smelly markers

Gratitude journal

Notebook and pens

Fidget spinner

Blank sketchpad

Bubble wrap

Paper to rip

Slime

Puzzles