

# PEACE CORNERS

And other calm, peaceful spaces at schools

## WHAT IS A PEACE CORNER?

A “Peace Corner” is a quiet, welcoming space where students can calm themselves. Peace Corners allow students to physically de-escalate their body, easing the “Survival Brain” and reactivating the “Learning Brain” so students can successfully re-enter classroom activities.

## ANATOMY OF A PEACE CORNER



Photo courtesy of Ms. P's class

Want to see more? Take a [tour](#) of this peace corner.

### Other things you find in a peace corner

- Blankets, pillows
- Pinwheels
- Stuffed toys or soft tactile objects
- Rubbery, stretchy toys
- Stress balls
- Stencils, crayons
- Hourglass or sand timer
- Scented lotion (citrus, lavender)
- Headphones with calming sounds
- Rocking chair
- Bean bag chair
- Feelings chart
- Jar of water with glitter
- Play-dough

## RESOURCES TO HELP YOU SET UP A PEACE CORNER

courtesy of Ms. Jen

**Peace Corner Implementation Guide** The basics of setting up a peaceful place in your space.

**Peace Corner Slide Deck** An in-depth look at setting up peace corners.

**Tips for Peace Corner Implementation** Some extra helpful hints from educators.

**Peace Corner Activities** Calming activities students can use in the peace corner

**Peace Corner Poster Examples** Peace corner expectations and calming options

**Peace Corner Introductory Lesson** Teach students how to use the calming space