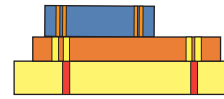


Name \_\_\_\_\_

Date \_\_\_\_\_

# My Peace Corner



Quiet spaces can be a great way to find calm by ourselves. Sometimes we may call these spaces or corners "peace corners."

1. Draw all of the things that you would like in your quiet space at home that help you feel peaceful and calm (A favorite book? Your cool-down bottle? Favorite coloring pages?):



2. Now fill this space in your home or bedroom with these items. Make the space as cozy as possible.

3. What name would you like to give your quiet space?

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Draw a picture of yourself using your peace corner at home: