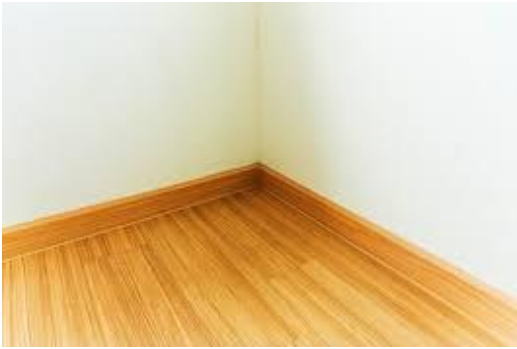


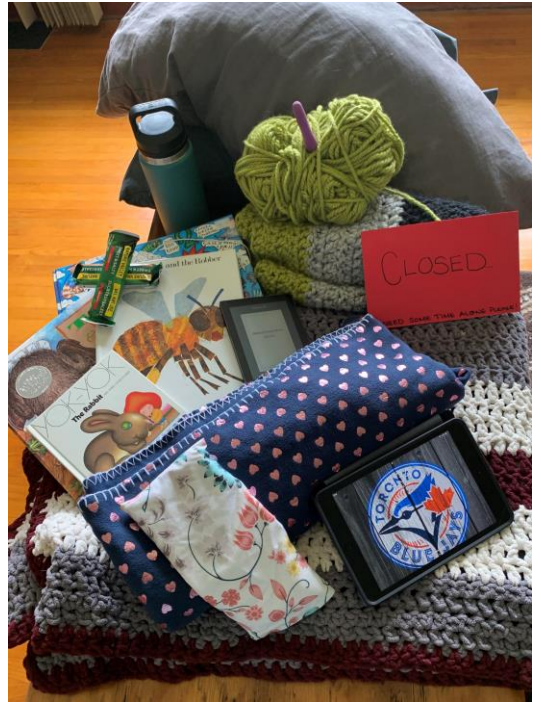
# Creating a Peace Place



**Step 1:** Find a quiet corner in your house that not many people use and ask your family if you can use it for your peace place



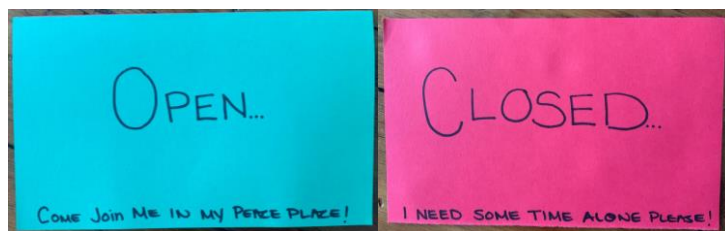
**Step 2:** Gather some cozy items – pillows, blankets, stuffed animals etc. Find some calming activities like books, colouring, an iPad or a snack



**Step 3:** Set up your corner with all of your cozy items and other things that make you feel safe and happy



**Step 4:** Make a sign that has two sides. One side will say “closed” and one side will say “open.” If you would like to be alone, keep your sign on closed and if you want to share your special space with your family, turn the sign to open!



**Step 5:** Go to your peace place whenever you feel like you need a break. The peace place can be used when you are feeling angry, upset or frustrated. You can punch or scream into the pillows if you need to get some of those angry feelings out. The peace place can also be used when you feel happy and want to relax by yourself or maybe even with a family member or pet. Read a book or take a nap. Whatever helps your mind and body to feel calm and happy

