

Our Peace Corner

A Sacred Space for Your Family to Rest, Reset & Reconnect



Choosing Your Location

1. Choose a quiet corner away from high-traffic areas
2. Near a window for natural light is ideal
3. A small closet nook, bedroom corner, or hallway alcove works beautifully
4. Keep it consistently accessible — not blocked by clutter
5. Let children help choose — ownership matters

◆ *“Even a small basket in a dedicated spot can become sacred.”*



Sensory Tools

- ◆ Soft blanket or weighted lap pad
- ◆ Stress ball, fidget toy, or kinetic sand
- ◆ Noise-canceling headphones or earplugs
- ◆ Calm music playlist or nature sound machine
- ◆ Smooth stones or textured fabric swatches
- ◆ Pinwheel or calm-down breathing tool

◆ *“Engage the senses gently — sight, touch, sound, and smell can all soothe a struggling heart.”*



Calming Colors

- ◆ Soft blues and greens calm the nervous system
- ◆ Avoid bright reds, oranges, or high-contrast patterns
- ◆ Use muted lavender, sage, or sky blue for walls or fabric
- ◆ Add a small watercolor print or nature poster
- ◆ Even a colored tablecloth in the right hue makes a difference



Sage Green



Lavender



Sky Blue



Blush Rose



Warm Cream



Gentle Lighting

- ◆ Warm-toned fairy lights or a small lamp with a soft bulb
- ◆ Battery-powered LED candles for safe, cozy glow
- ◆ A sheer curtain to filter sunlight
- ◆ Himalayan salt lamp for warm amber light



Scripture & Affirmation Cards

Cut along the dashed lines and place in your Peace Corner for daily encouragement

***“Be still, and know
that I am God.”***

— Psalm 46:10

***“The Lord gives strength
to the weary.”***

— Isaiah 40:29

***“I am loved.
I am safe. I am enough.”***

— Family Affirmation

***“Peace I leave with you;
my peace I give you.”***

— John 14:27

***“Come to me, all who
are weary, and I will
give you rest.”***

— Matthew 11:28

***“I can do all things
through Christ who
strengthens me.”***

— Philippians 4:13

Peace Corner Quick-Start Checklist

Use this checklist to gather everything you need

✓ Space Setup

- ☐ Choose your quiet corner spot
- ☐ Clear the area of clutter
- ☐ Add soft rug or mat
- ☐ Set up gentle lighting
- ☐ Add calming color accents
- ☐ Hang or place nature print

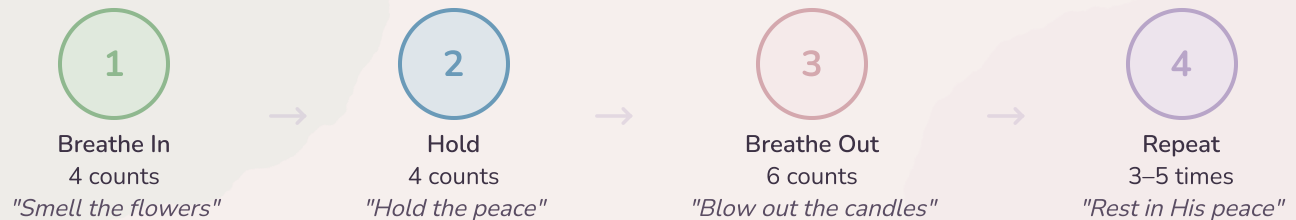
✓ Tools & Supplies

- ☐ Soft blanket or weighted pad
- ☐ Fidget tools & stress ball
- ☐ Calm-down jar or pinwheel
- ☐ Scripture/affirmation cards
- ☐ Headphones or ear muffs
- ☐ Sound machine or playlist



Peaceful Breathing Exercise

Practice this together as a family. Post these steps in your Peace Corner.



Our Family Peace Agreement

Read together and sign as a family commitment

- ✓ The Peace Corner is a **safe place** — no one gets in trouble for needing it.
- ✓ We **respect** someone's time in the corner — no following or hovering.
- ✓ **Everyone** is welcome — parents, children, and guests.
- ✓ We will **care for the space** and keep it tidy and welcoming.
- ✓ We **trust God's peace** to fill our home and our hearts.

Family Member

Family Member

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Created with love for your family's peace ♦ May your home be a sanctuary

Date
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