

Activity: Peace Corner (Mindfulness Nook)



Objective/Goal:

To help children develop **self-regulation**, emotional awareness, and **conflict resolution** skills through a calm, child-centered environment.

Age Group:

Preschool (3–5 years) — adaptable for toddlers and early elementary.

Materials Needed:

- Small rug or soft mat
- Soft lighting (lamp or string lights)
- Calming objects such as:
 - Glitter jar ("calm-down jar")
 - Sand timer
 - Small stuffed toy or fidget item
 - Picture book about feelings



- Mirror (optional, for self-recognition)
- Visual “Feelings Chart” or emotion cards
- Small shelf or basket for organization

Environment Setup:

Designate a quiet, cozy area in the classroom, separate from high-traffic zones. Place the rug, calming tools, and a comfortable seat (small chair, cushion, or beanbag). Keep it simple, inviting, and consistent with Montessori principles — accessible and child-sized.

Procedure/Activity Steps:

1. Introduce the Peace Corner during group time. Explain that it’s a **special place to calm our bodies and feelings**, not a “time-out” space.
2. Model its use by saying:

“I’m feeling frustrated, so I’m going to the Peace Corner to take a deep breath.”

3. Encourage children to visit the corner when they feel upset, tired, or need quiet time.
4. Guide children to use calming strategies:
 - Shake the glitter jar and watch until the sparkles settle.
 - Flip the sand timer and take slow breaths.
 - Look at the feelings chart to identify emotions.
 - Hug the soft toy or count to five.
5. After a few minutes, check in gently: “Do you feel ready to join your friends again?”

Learning Outcomes:

- Children learn to **identify and express emotions** appropriately.



- Develops self-calming strategies and mindfulness habits.
- Encourages positive social interactions and empathy.

Teacher Tips:

- Model use regularly so children understand it's a normal, healthy behavior.
- Rotate calming materials periodically to maintain interest.
- Reinforce the message that the Peace Corner is for peace, not punishment.

Extension Ideas:

- Add a "Peace Journal" where children draw their feelings.
- Include mindfulness cards with guided breathing or yoga poses.
- Pair with a lesson on emotions or read *"The Color Monster"* or *"When Sophie Gets Angry – Really, Really Angry."*

