

A C T I V I T Y

CREATING A PEACE CORNER

PRINCIPLE OF PEACE: Witness

PURPOSE: The purpose of the Peace Corner is to create a sacred place in your house that honors each person's need to cultivate inner peace. The Peace Corner makes space for – and expresses value for – quiet, reflective time. It also provides a place where conflicts can be peacefully resolved.

OVERVIEW: Together as a family you will set up a Peace Corner in your home, which will function as a sanctuary for inner and family peace.

MATERIALS:

- ✓ Low table
- ✓ Pillow
- ✓ Nature and other peace-full images and items
- ✓ Simple activities that encourage reflection
- ✓ Family talking stick or talking stone
- ✓ Family Journal

ACTIVITY: Together, the family will:

- ◆ Find a quiet area in your house where you can devote space to your Peace Corner.
- ◆ Furnish it with a low table (a coffee table is perfect) on a comfortable rug. Place a comfy pillow in front of the Peace Table to provide a cozy spot for your family members.
- ◆ Add items and images from nature. Collect treasures from outside, such as special rocks, feathers, shells, pinecones, etc. Be sure to have a basket or tray to contain your collection.
- ◆ Also add other reflective activities, such as a mini-Zen Garden, snow globe, chime, or a Magnetic Poetry board. Rotate different activities over time, seasonally or as they become age appropriate.
- ◆ Place your family's talking stick on the table. This is a simple stick, decorated with string, beads, feathers, or other special items, which can be used to

allow each person in a discussion or conflict to speak without being interrupted (see Talking Stick activity, page 46)

- ◆ Find a blank book and create a Family Journal. This is a place where family members are invited to draw or write. There can be poems, or cartoons, or messages to each other. (See Family Journal Activity, page 57)
- ◆ Consider other items as well, such as:
 - ◆ Laminated picture of the earth – you can hang this on the wall in front of the Peace Table as an indirect reminder of the sacred quality of our planet.
 - ◆ Beautiful cloth or place mat – use this to provide a defined area. Place all other items on or around this mat.
 - ◆ Peace rock: This gives family members something to hold on to. It can feel cool and smooth and soothing and act as a simple reminder of what you are there for.
 - ◆ Laminated card outlining conflict resolution process: This is a step by step approach to solving conflicts which erupt in your family. (see Conflict Resolution Card activity, page 47)
- ◆ Discuss the ground rules of the Peace Corner
 - ◆ This is a place to spend quiet time alone.
 - ◆ When someone is in the Peace corner they are not to be disturbed.
 - ◆ It is not a place that anyone will be sent; rather it will be a place of sanctuary where people are free to be undisturbed to have their feelings, think, reflect, or simply just be.
 - ◆ Items in the Peace Corner are handled carefully and treated with respect.
 - ◆ Family members go to the Peace Corner when they need to work out a conflict. There are tools there, which can help them resolve their differences in a loving and nonviolent way.