

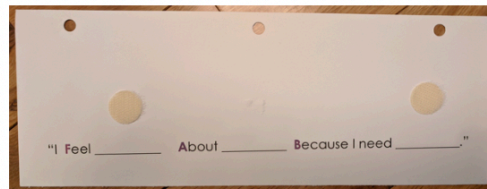
## Page 1: DIRECTIONS for making your Peace Corner Binder

1. Watch a step-by-step instructional video [here](#).
2. Gather 5 Materials:
  - 1/2" binder with clear plastic slip covers
  - 6 pages of white cardstock paper
  - 32 Velcro dot pairs (to use with emotion/needs cards and sentence strip)
  - Scissors
  - 3-hole punch
3. Print this document single-sided in color on card stock.
4. Follow directions below to assemble.

### Page 2: Front Cover



### Page 3: FAB Sentence Strip



### Page 4: Back Cover



### Page 5: Inside Front Emotion Cards



### Page 6: Inside Back Needs Cards





# Peace Corner

A safe place to be with myself  
and take care of my needs



I can breathe  
with a buddy  
to calm my body.

I can name my  
feelings to calm  
my brain.

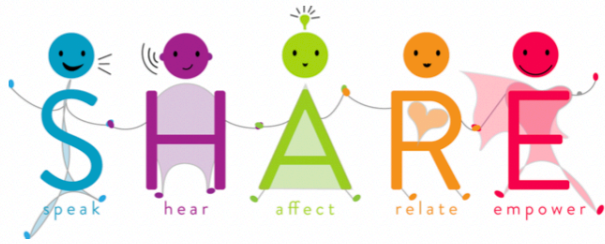


“I **F**eel **X** **A**bout \_\_\_\_\_ **B**ecause I need **X** \_\_\_\_\_.”

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Sentence strip above:

1. ✂ Cut along the purple line above
2. Place a velcro tab on each **X** above the lines following feel and need
3. 3-hole punch at the top and place in the sentence strip in the binder



I can tell my story to help me solve my problem in a peaceful way.



**Somebody**  
in a story



**Wanted**  
something to meet  
their needs



**But**  
they had a problem



**So**  
they tried to solve it



**Then / At Last**  
How did the story end?



These feelings and needs images have been adapted from downloadable cards available for free in multiple languages at [www.TheNoFaultZone.com](http://www.TheNoFaultZone.com).

**Friendly · Loving  
Tender · Warm**



**Thankful · Grateful**



**Playful · Exuberant**



**Peaceful · Content  
Calm · Relaxed**



**Happy · Glad  
Delighted · Cheerful**



**Excited · Enthusiastic  
Energetic · Eager**



**Curious · Interested**



Other  
Pleasant  
Feeling

Other  
Unpleasant  
Feeling

**Frustrated**



**Unsettled · Concerned  
Tense**



**Scared · Worried  
Afraid**



**Confused · Puzzled  
Mixed Up · Unsure**



**Surprised · Shocked**



**Sad · Unhappy  
Disappointed · Lonely**



**Angry · Mad  
Furious · Upset**



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**Community · Friends  
Belonging**



**Play · Fun**



**Rest · Relaxation**



**To Be Heard  
To Be Understood**



**Choice · Autonomy  
Freedom**



**Learning · Exploration  
Discovery**



**Capability  
Competence · Skills**



**Understanding Me  
Self-Empathy**



**Understanding Others  
Empathy**



**Self-Expression  
Creativity**



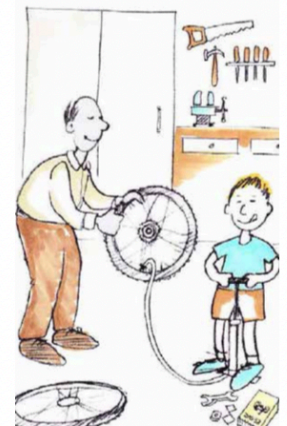
**Safety · Trust**



**Giving · Sharing**



**Help · Support**



**Respect · To Matter  
To Be Considered**



**Other  
Need**