

THE SERENITY CORNER

MATERIALS:

- a quiet place away from the busyness of the classroom
- two small rugs
- a small table with a pretty tablecloth
- a beautiful object
- quiet music playing in the background

THE SET-UP:

In our school we have a separate, small multi-purpose room. One small rug is placed by the door for shoes to be placed on before entering this space; on one side of the room has a screen to give the space a cozier appearance. In an alcove between two cabinets is the small table with the tablecloth and the beautiful object on it. In front of the table is the other small rug. The room is dim and soft music is playing in the background.

PREREQUISITES: none

AGE: 3 years and older

PRESENTATION:

1. Take the children to the quiet place. Take off your shoes, put them on the small rug by the door and gracefully sit down on the rug by the little table. The shoes on the small rug by the door indicate to others that the Serenity Corner is occupied.
2. Take a deep breath and relax.
3. Look at, handle, and observe the pretty object. Return it gently to the table.
4. Take a deep breath and just sit and enjoy.
5. Take another deep breath and quietly get up, and put on your shoes.

AIMS:

1. To create a space where children (and adults) can find peace
2. To emphasize that it is okay to take time out for one's own R & R!

EXTENSIONS:

1. Changing the beautiful object on a regular basis.
2. Sometimes, instead of the beautiful object, providing a small Zen garden, a finger labyrinth, or other quiet, peaceful activities.

NOTE:

- ❖ This is a wonderful spot that is occupied most of the time. Teachers and parents may (and do) also use this space for a moment of calm and reflection!