

Create a Peace Box

Re-design a box or container and fill it with reminders that bring you inner peace.

How do you find peace in moments of conflict or stress? It can be challenging to recall what strategies are most useful to you—why not write them down and keep them all in one place!

Materials

Box or container
Liquid glue
Foam brushes or paintbrushes
Magazines, menus, or other glossy print
Fabric scraps
Tissue paper
Scissors
Rubber bands
Paper
Pencils, pens, or markers



Instructions

1. Close your eyes. Think about a moment when you were upset, angry, or anxious.
2. Think about the self-talk, images, and actions that make you feel more at peace.
3. Write or draw them on pieces of paper. These can also be objects!
4. Cut fabric and paper into shapes.
5. Mix one part of glue and three parts of water in the cup.
6. Layer your shapes onto your Peace Box by brushing the glue mixture over the layers.
7. Place reminders into the Peace Box.
8. Secure a piece of fabric on top of your Peace Box with a rubber band.

Go Further

Think of your Peace Box as a work in progress. You can always add new tips and tools—we learn something new about ourselves every day! Ask your friends or family how they find peace.

Share a photo of your Peace Box! Tag us on Instagram @bcmkids #bcmandyou

