



peace place[®]
for kids

mindful parenting journal

self-care
ISN'T SELFISH!

GET A MASSAGE
MOVE YOUR BODY

TAKE A WARM BATH
CHAT WITH A FRIEND

DRINK ENOUGH WATER
EAT TO NOURISH YOUR BODY



peaceful mama mantras

I am strong!

It's ok to just let it go.

It doesn't have to be perfect.

This time is precious, treasure it.

What kind of memory will this create?

The answer always comes from LOVE.



Week One

What are three things I
can let go of for today?

HELP YOUR CHILDREN

reframe negative thoughts

I GIVE UP



I'm frustrated now but
I can do this if I keep
trying!

I'M STUPID



I'm still learning
and that's ok!

IT'S TOO HARD



The more I try, the
easier it will get!



I AM LIGHT



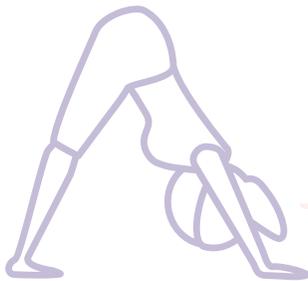
I AM STRONG



I AM PEACEFUL

POSITIVE ME YOGA

for you and your children!



I AM KIND



I AM BRAVE



I AM GOOD



Week Two

My favorite part of the day is

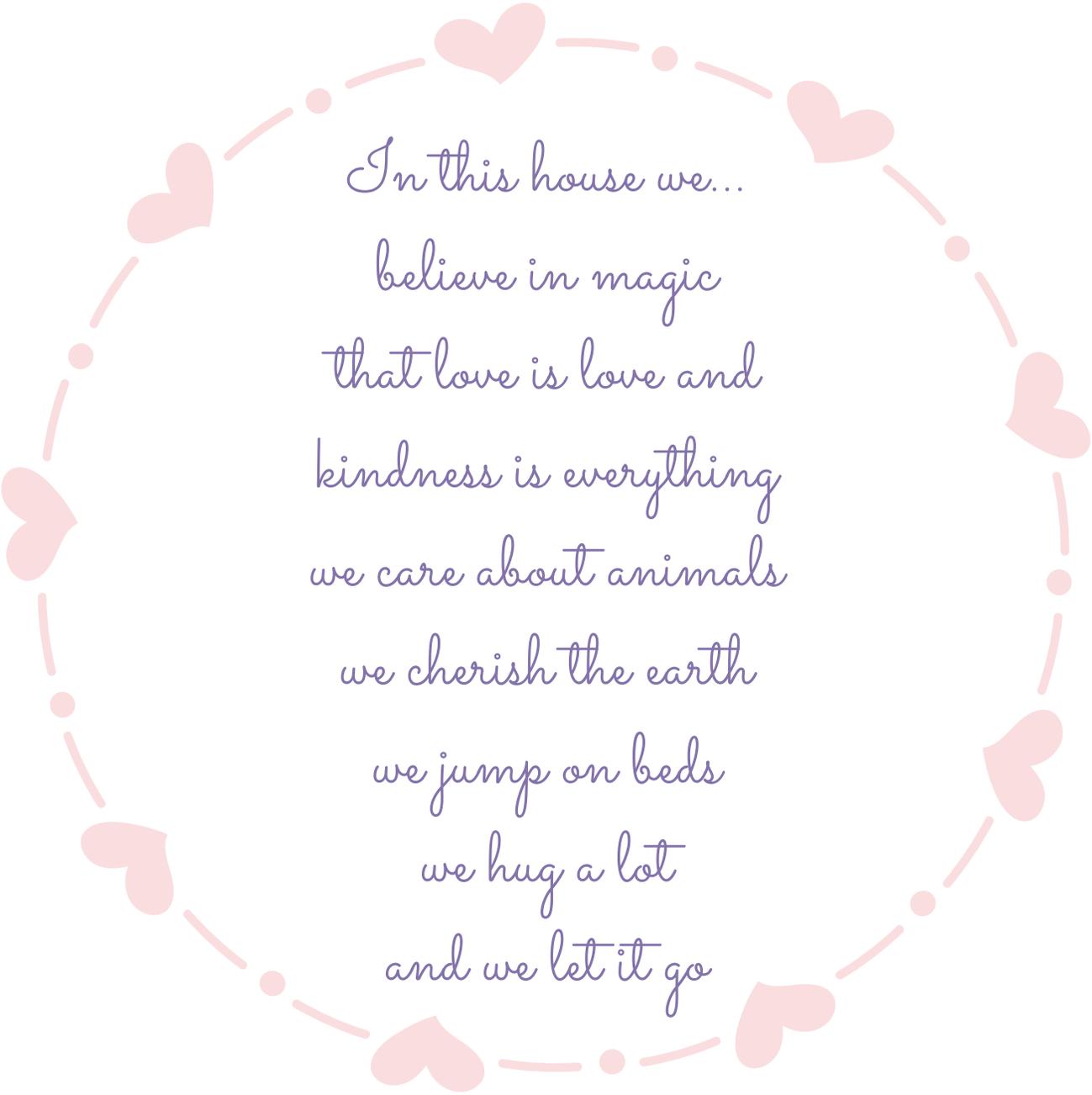
“You yourself, as much as anybody
in the entire universe, deserve
your love and affection.”

BUDDHA



Week Two

What did I learn about
myself today?



In this house we...
believe in magic
that love is love and
kindness is everything
we care about animals
we cherish the earth
we jump on beds
we hug a lot
and we let it go

I will find JOY
even in sorrow.

I will choose LOVE
over hate.

I will find PEACE
amidst struggle.

I will see BEAUTY
within mess.

