



CREATE A DESIGNATED QUIET SPACE

For many families, all or most members of the household are home much more than usual. With so much more interaction it is normal for tensions to run high. All of us need space from those we love at times and right now we need to get creative to do it. This week spend some time as a family designating a quiet space in your home where family members can go when they need some space.

Some things to consider:

- Will there be one spot in the house for all family members to use? Or does each person get to designate a spot as their quiet place? If the latter is true, make sure spots identified aren't shared spaces.
- Make the space cozy! Use items such as pillows, blankets, and comfort items to make it a nice space to hangout in. Involve all family members in creating it if possible!
- Set family agreements about the quiet space. For example, if someone is in the quiet space no one is allowed to bother them. Adults and kids alike can use the quiet space!