

# Create a Pu‘uhonua (place of comfort or refuge)

Everyone needs a space to calm down or chill out. Find a spot in your house to create a calm, relaxing and quiet space for you or your ‘ohana to take a break. Decorate it with pictures, soft comfy pillows and whatever makes you comfortable. When you feel scared, mad, sad or frustrated, sit or lie in your pu‘uhonua to calm yourself down. Practice taking deep breaths and rest your mind. Invite your ‘ohana to use the space too!

