

My Happy Place

Design a happy place. This can be a real place you know, or an imaginary place!
This place is somewhere that you can feel calm and safe.

Things to think about:

What does it look like? What things are in your happy place?

Is it indoor or outdoor? Warm or cool?

What can you hear?

What does it smell like?

How does it feel? What can you touch?

How do YOU feel here?

Calm

Draw yourself in your happy place here:

Relax

When you feel overwhelmed, imagine yourself here
to help you feel calmer