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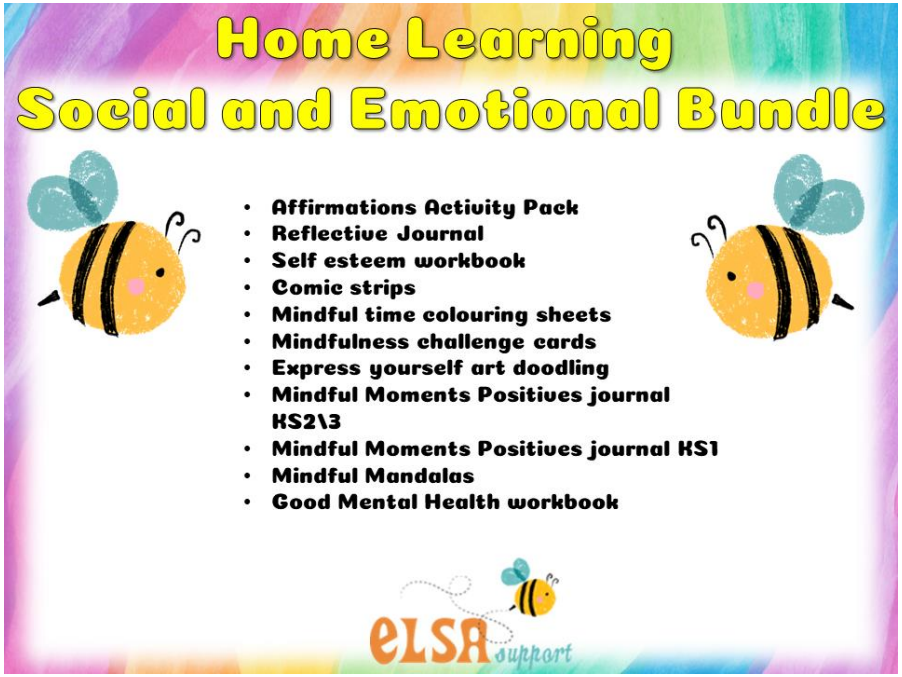
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What is your happy place?

Ask the child to think about a place that makes them feel very happy. Is it a real place? Is it a made up or imaginary place? Using all of their senses can they tell you what they can see, feel, smell, taste and hear? Ask them to draw in as much detail as they can.

Whenever they feel a bit sad, angry, upset or worried can they go to their happy place in their mind for a few minutes. It will help them to calm down and feel better.

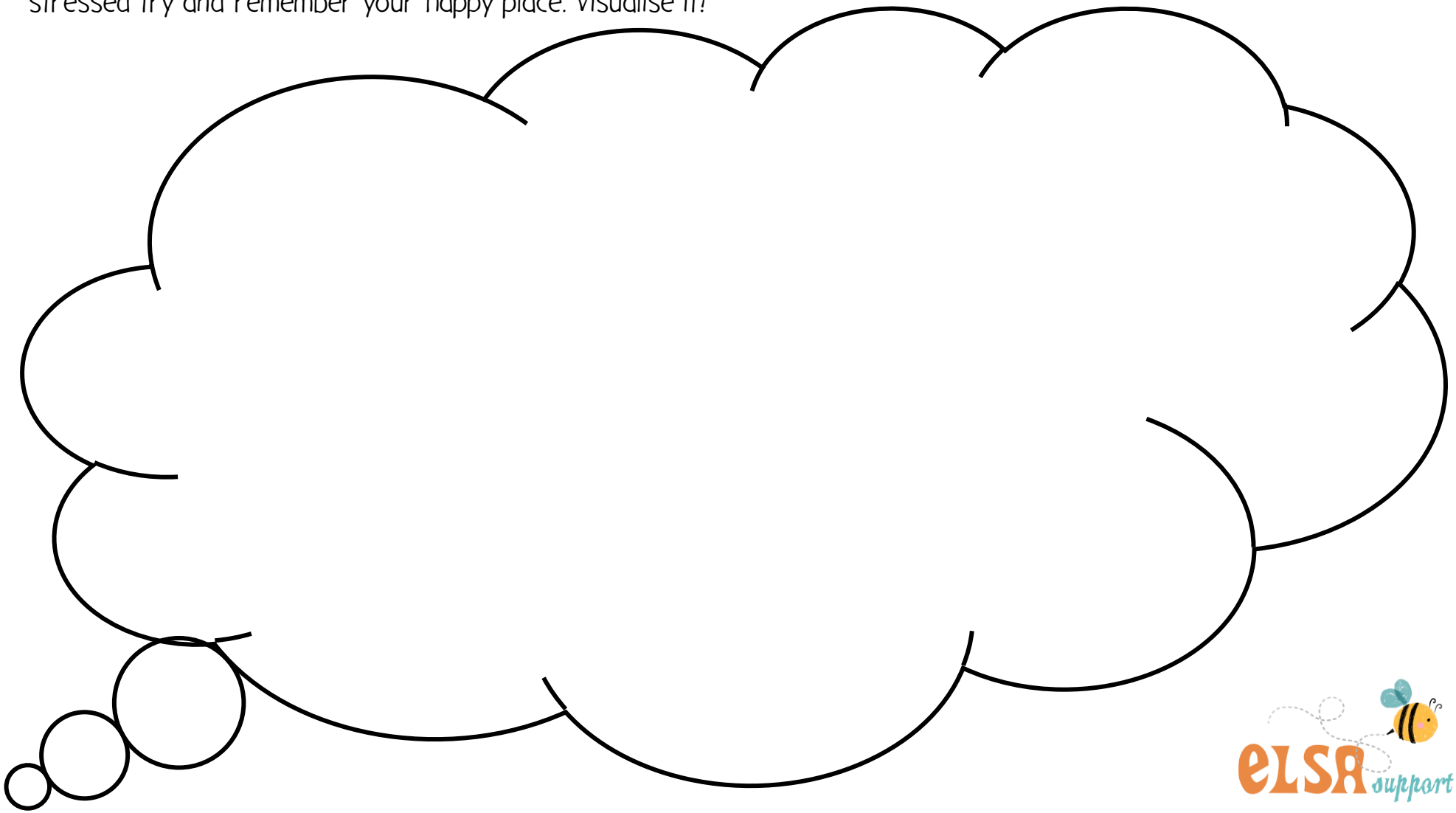
Some suggestions for prompting:

Seaside
Mountains
Countryside
Home
School
A memory
Different seasons such as snowy winters, flowers in spring, butterflies, falling autumn leaves, hot summer barbecues.
Imaginary scenes

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Your Happy Place

Draw your happy place. It could be real or it could be from your imagination. Whenever you feel sad, upset, worried or stressed try and remember your happy place. Visualise it!



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