

# My Happy Place

Sometimes, people may feel sad, worried, angry or lonely. There are many ways you can manage these difficult emotions. The activity encourages you to think about people, places and objects that make you happy.

Think about all the things that make you happy and why they make you happy. For example, my best friend makes me happy because they make me laugh and help me to forget about feeling sad.

Read the following questions and write or draw a suitable answer. When you have finished all the questions, cut out the sun scenes and attach them together. You can then keep your 'happy book' with you all the time and look through it if you are feeling sad, worried, angry, lonely or upset.

This book will hopefully help you to feel happier when you are feeling difficult emotions.

Where is your happy place? For example, somewhere you go for day trips, somewhere in your house or somewhere you have been on holiday.

My happy place is at my home because it makes me feel safer.



When you think of your happy place, who is with you? For example, someone from your family or a close friend.

My best neighbour called Jessica that I can always do my happy things with, same as my best friend Amanda and my mum.



What do you have with you in your happy place? For example, your favourite book, a favourite food, film or picture.

My dog would always be with me if I ever feel sad.



When you are in your happy place, how does your body feel? Try to think about your whole body from your toes, all the way up to your head. For example, my toes feel light, my legs feel full of energy and relaxed.

My head feels dizzy, my stomach gets butterflies, my legs feel all ticklish and they hurt and my arms and hands just feel energised but a bit stressed for some reason.



When you are in your happy place, how does your mind/brain feel? For example, my brain feels calm and able to concentrate.

My body would feel relaxed and super safe/ happy!



What is it about your happy place that stops you feeling sad? For example, my best friend is there and we are playing games and laughing.

In my happy place I can always find a way to laugh, I can always feel more happier as there is always a reminder that nothing can beat your happiness :).

