

Create your own Happy Place!

Many things can make us happy; activities, places, sounds, and smells. Sometimes when things are hard or overwhelming, thinking about things that make us happy can help.

Draw your own happy place.

Part 1: Think about things that make you happy

Try

Think about what a place you feel happy looks like:

- What does the sky look like?
- What is the scenery around you (mountains, a lake, a bed with lots of pillows, etc)?
- What colors do you see?
- What do you feel (wind, soft blankets, etc)?
- What sounds do you hear (campfire, laughter, birds, music, etc)?

Or Try

5-*SEE*: What are five things you enjoy looking at?

4-*HEAR*: What are four sounds you enjoy listening to?

3-*FEEL*: What are three things you enjoy touching and feeling

2 -*SMELL* and *TASTE*: What are two things that you enjoy smelling or tasting

1-*FOCUS*: Take a deep breath. Enjoy thinking about what makes you happy

Part 2:

Take a moment and imagine a place that has your happy things in it. Draw what this place looks like. It does not need to be perfect; it doesn't need to exist in the real world.

Part 3:

Take a deep breath and picture yourself in your happy place. Practice doing this so when things are hard or overwhelming, you can picture yourself in your happy place to help you calm down, regulate your emotions and think more clearly.

Part 4:

If you are comfortable, share what your happy place looks like with a friend or trusted adult.