

My Happy Place

Sometimes when we are situations are different to what we've been used to we might begin to feel a little uneasy. We might feel tearful or moody; we might want to shout or be unable to control our actions; we might say things that we don't really mean or know that we shouldn't.

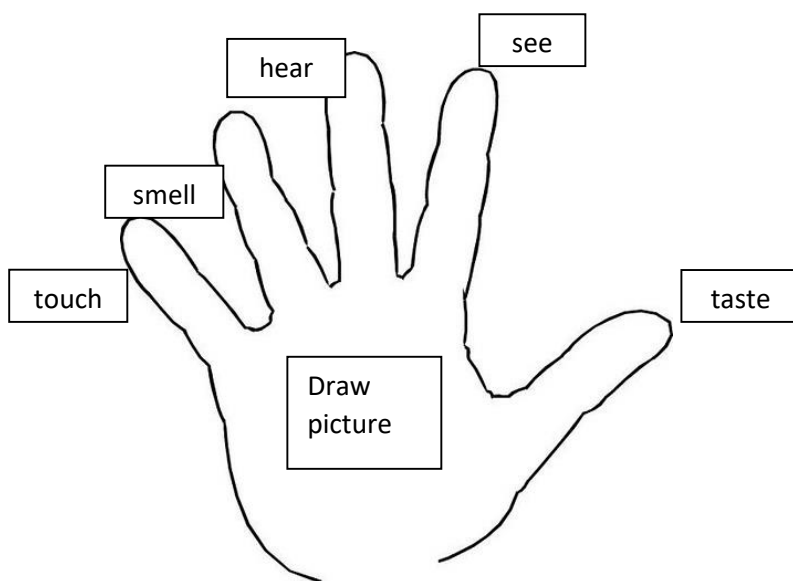
When I feel a bit like this I think of a time when I've been really happy and usually this involves a place where I've felt really happy. You too can do this and I will show you what to do...

Step 1.

You will need a piece of paper and a pencil, coloured pens or pencils could also be used to make your work colourful and bright.

Step 2.

Place your hand on the paper and draw around it.



Step 3.

Now, close your eyes and think about a time when you've felt really happy, where did you feel really happy? With your eyes remaining closed, think about what you saw; how is smelt; what you could touch: what you could hear; did you taste anything there? Draw your happy place in the palm of your hand. Label each finger as above and write or draw what you could taste, smell etc on each finger.

Keep this handprint somewhere safe and when you feel like you might need cheering up, have a look at it, close your eyes and drift off to your happy place again.

Stay safe and keep smiling!