

# My Happy Place

WHAT  
THINGS  
DO YOU SEE?

What sounds  
do you hear?

Where is your  
happy place?

What can you  
feel or touch?

What  
do you smell  
or taste?

HOW  
ARE YOU  
FEELING?



## My Happy Place

Think of a happy place, this could be a made up place, a dream or an actual place.

Ask the child to close their eyes whilst they think of this place and then write down their answers.

Remind the child to think of this place if they ever feel scared, sad or worried.