

Happy Place

Materials: Drawing paper, No. 2 pencil, eraser, crayons, colored markers, colored pencils, and any other drawing materials you may own.

Instructions: Sit and imagine a place, real or imaginary or a combination of both, that makes you feel happy. Draw what that happy place looks like or the feelings that you feel thinking about your happy place. Include images, shapes, colors, and words.

Discussion: Some questions to reflect on your happy place:

What does happiness mean to you?

What have you included in your happy place?

What you name you happy place?

Is there a way to include more of these joyful things you included in your happy place, in your life now?

How do you create your own happiness? How can you create your own happiness?