

# My Happy Place

# WRITTEN

To help students express their emotions, reflect on safety and comfort, and practice drawing by illustrating a place where they feel happy and safe. This activity promotes emotional expression and allows students to connect with what makes them feel secure.



## Learning Intentions

**I can express my emotions by drawing a place where I feel happy and safe:**

This helps students reflect on the positive environments that make them feel secure and content.



**I can practice drawing by illustrating a place that brings me joy and comfort:**

This encourages students to express their feelings visually and develop their fine motor skills through drawing.

**I can reflect on what makes me feel safe and happy, and share that with others:**

This fosters emotional awareness and provides students with the opportunity to think about the things that bring them peace.



## Success Criteria

**I can draw a picture of a place where I feel happy and safe, such as a park, home, or favourite vacation spot:**

This ensures that students are engaging creatively and expressing their emotions in a visual format.

**I can explain why this place makes me feel happy and safe when sharing my drawing:**

This helps students develop verbal expression and the ability to communicate their emotions clearly.

**I can reflect on how certain places or environments help me feel calm, safe, and joyful:**

This encourages self-awareness and emotional reflection, helping students connect with their feelings.



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## Objective:

To help students express their emotions, reflect on safety and comfort, and practice drawing by illustrating a place where they feel happy and safe. This activity promotes emotional expression and allows students to connect with what makes them feel secure.

**Players:** Ideal for 4-20 students.

## Materials:

- Paper and crayons, markers, or coloured pencils for drawing.
- Optional: Stickers or additional craft materials to enhance the drawings.

**Time Required:** 10-15 minutes.

## Setup:

Ensure students have enough space to draw comfortably. Provide materials such as paper, crayons, or coloured pencils. You can also offer prompts or examples, such as "Where do you feel happiest?" or "What place makes you feel safe and calm?"

## Gameplay:

### 1. Introduce the Game:

Explain to students that they will be drawing their "happy place," a place where they feel safe, calm, and joyful. Encourage them to think about places that make them feel peaceful, such as a park, their home, or somewhere they like to go on vacation.

### 2. Start the Drawing:

Ask students to draw a picture of their happy place. Encourage them to add as much detail as possible, such as people they would be with, activities they would do, and any special features that make the place comforting and enjoyable.

### 3. Reflection Time:

Once students have finished their drawings, ask them to reflect on why this place makes them feel happy and safe. For example, "What do you like about this place?" or "Why does it make you feel calm and protected?"

### 4. Sharing with the Group:

After everyone has had time to draw and reflect, invite students to share their happy place with the group. They can explain what their place looks like, what makes it special, and how it helps them feel safe and joyful.

### 5. Encourage Positive Sharing:

Remind students to listen attentively to each other's reflections and celebrate the diversity of the places that make everyone feel happy and safe. This fosters a supportive and positive environment where students can connect emotionally.

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## Winning the Game:

There is no winner in this game. The goal is for students to express their emotions, reflect on safety and comfort, and share their personal experiences in a supportive setting. Success is measured by participation, self-expression, and emotional reflection.

## Family or Classroom Variation:

In a family or classroom setting, students can create a "Happy Place Wall" where their drawings are displayed for everyone to admire. This can also be a great opportunity for students to share their happy places in pairs, practising one-on-one communication skills.

## Additional Notes:

"My Happy Place" is a wonderful activity for helping students connect with their emotions and reflect on the positive environments that make them feel safe. It promotes emotional awareness, creativity, and self-expression, providing a safe space for students to share their feelings in a supportive environment.

