

My Happy Place

WRITTEN

To help students reflect on the places where they feel safe, relaxed, and joyful, promoting self-awareness and emotional well-being.



Learning Intentions

I can describe a place that makes me feel happy:

This encourages students to think about specific places that bring them joy and peace.

I can express why this place makes me feel safe and relaxed:

This focuses on helping students reflect on the emotions and experiences associated with their special places.

I can communicate my feelings through writing and drawing:

This encourages students to use both written and visual expression to describe their happy place.



Success Criteria

Identifying My Happy Place:

Students can identify one place that makes them feel happy, whether it's real or imaginary, and focus on its significance.

Explaining My Feelings:

Students can explain why this place makes them feel relaxed and safe, articulating their emotional connection.

Expressing Through Creativity:

Students can express their feelings through drawing or writing, demonstrating their ability to communicate ideas and emotions creatively.



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Objective: To help students reflect on the places where they feel safe, relaxed, and joyful, promoting self-awareness and emotional well-being.

Players: Perfect for small groups, classrooms, or family settings.

Materials:

- Paper
- Crayons, markers, or pens

Setup: Provide each student with a piece of paper and access to crayons, markers, or pens. Encourage them to think about the place that makes them happiest.

Activity:

1. **Think About Your Happy Place:** Ask the students to think about a place that makes them feel safe and happy. It could be a room, a park, or even an imaginary place. Encourage them to think about what makes the place special to them.
2. **Draw or Write About Your Happy Place:** After reflecting, have students draw or write about their happy place. Encourage them to include details that make it feel peaceful and joyful, like sights, sounds, and smells.
3. **Share and Reflect:** Once students have finished, they can take turns sharing their happy places with the group. Discuss how each place makes them feel and why it's important to have a place where they can relax. Students can create a "Happy Place Wall" where each student shares a drawing or description of their happy place. This will create a positive and supportive atmosphere where everyone's special places are celebrated.

Reflection Prompt:

- What makes this place so special to you?
- How do you feel when you are in your happy place?
- Why do you think it's important to have a place where you feel safe and happy?

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Winning the Game: There is no winner in this activity. The goal is to encourage students to reflect on the places that bring them peace and joy, fostering a sense of well-being.

Additional Notes: My Happy Place encourages students to reflect on the importance of having a safe and joyful space. By sharing their thoughts and feelings, students can learn more about themselves and strengthen their emotional connections with others. This activity promotes relaxation and self-awareness, helping students focus on positive environments that enhance their well-being.

