



# Happy place

*Sit comfortably or lay down.  
Imagine all the things that make you  
happy. Choose one of your favourite  
places to be, imagine being there right  
now. Breathe in slowly and exhale.  
Repeat.*



*You can ask children where is their favourite place to be. Imagine being there for this technique. It can be a holiday, a room in the home, or they make it up!*

*You can ask older children to draw their place, what can they see, hear, smell? Make this as simple or difficult as you like depending on their ages.*

*Ask older children to visualise being in this place.*