

My Happy Place: A Drawing Sheet

Learning objective: To recognise that everyone has different ways to look after their mental health and wellbeing.

Follow the steps below to create a picture of your 'Happy Place'. This is a place where you feel calm, safe, and happy. You can use your imagination or draw a real place you enjoy visiting.

Draw: Draw a large, colourful scene inside the blank box provided. The style should be clear and cheerful. Include details like trees, sunshine, soft grass, or comfortable chairs. Make sure to draw a figure representing yourself in the middle of the scene, showing a happy expression. Use bright colours to show positive feelings.



Label words: Calm · Safe · Happy · Friends · Nature · Quiet · Relaxed · Joy

Steps:

1. Step 1: Draw your favourite place where you feel safe and calm. Use your pencils to add lots of colour.
2. Step 2: Draw yourself in the picture. Are you sitting, running, or reading? Show how you are relaxing.
3. Step 3: Label your drawing using at least three words from the word bank to show how you feel in this place.
4. Step 4: Who would you like to have in your happy place with you? Draw them next to you.