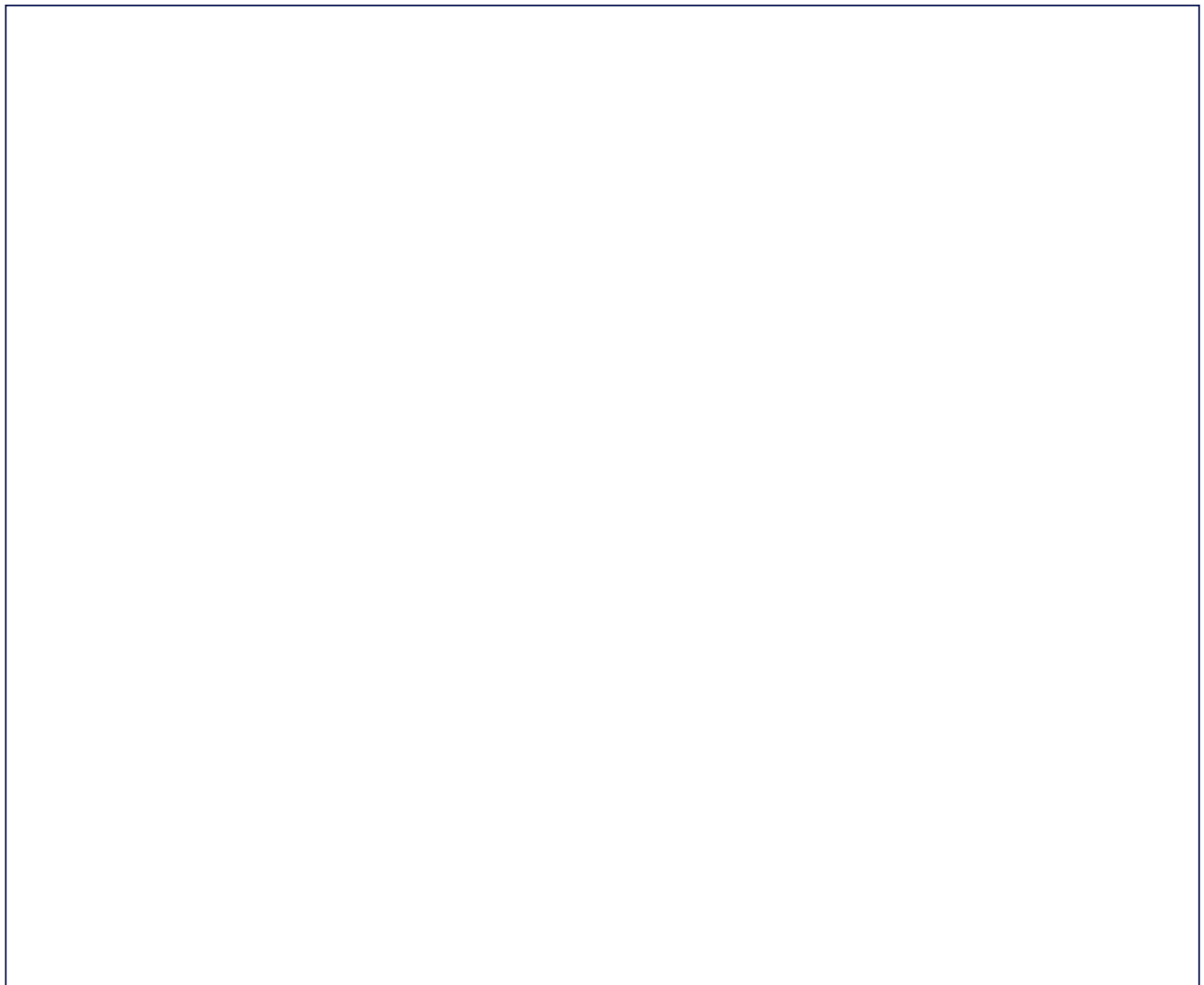


My Happy Place: A Wellbeing Drawing Sheet

Learning objective: To identify and express personal feelings and understand what makes us feel safe, calm, and happy.

Today, Leo the Lion is thinking about things that make him feel happy and calm. Think about a time or a place where you feel safe and happy. Use the space below to draw your 'Happy Place'. You can include the people, toys, or nature that make you smile.

Draw: Draw a large scene showing your 'Happy Place'. Use bright colours for things that make you feel happy, like a yellow sun or green grass. Include yourself in the drawing. Use your crayons or pencils to show the textures of things in your place, like soft clouds or bumpy trees. Ensure your drawing shows a safe and positive environment.



Label words: happy · calm · safe · friends · sunshine · smile

Steps:

1. Step 1: Draw yourself in the middle of the page. Are you smiling?
2. Step 2: Draw one person or pet who makes you feel safe to be with.
3. Step 3: Label your drawing using words from the word bank.
4. Step 4: If you could give your happy place a name, what would it be?
5. Step 5: How does your body feel when you are in your happy place? (e.g., quiet, bouncy, warm)