



I can smell...
(perfume, flowers, food,
swimming pool...)

I can hear...
(music, voices, animals, silence...)

I can see...
(nature, people, animals,
objects, colours...)



In my happy place...

I can taste...
(sweet, bitter, savory, food, mint...)



I can touch...
(fabric, skin, plants, animals,
instruments, toys, liquids...)

Inside each one of us is a happy place, where we feel safe, loved and respected. This sheet invites you to describe what your happy place looks like with words or images. Next time you feel sad, lonely, anxious or angry, you can visualize the happy place inside you. It will help you feel calmer.

