



FINDING YOUR HAPPY SPOT!

Take a look at some examples or create one of your own. Once you choose one, draw your or write about your Happy Spot.



Questions to ask

What do you see?

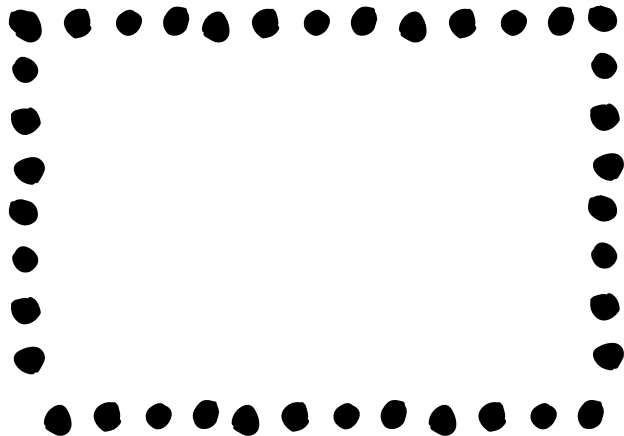
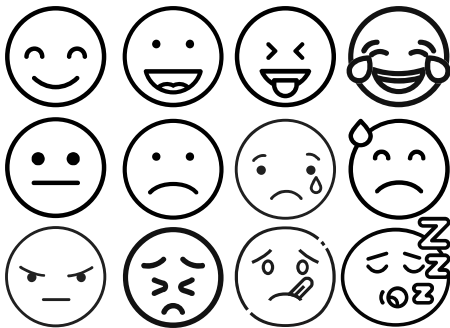
What do you hear?

What do you feel?

What do you taste?

What do you smell?

**This memory made me
feel (circle your choice):**



My Happy Spot is _____

Being in my Happy Spot makes me feel _____