

*Year 4's Happy
Book*

My Happy Place

When you are feeling sad, worried, angry or lonely, thinking about things that make you happy can help.

This activity will help you think about some of the things that make you happy. Read the questions below, then draw or write your answer.

When you have finished all the questions please ask the adult who is with you to help you cut out the smiles and attach them together. You can then keep your 'happy book' with you all the time and look through it if you are feeling sad, worried, angry, lonely or upset.

This book will hopefully help you to feel happier.

Where is your favourite place? For example, it could be somewhere you go on a day trip, somewhere in your house or somewhere in a friend's house.



When you think of your happy place, who is with you? For example, it could be your best friend or a member of your family.



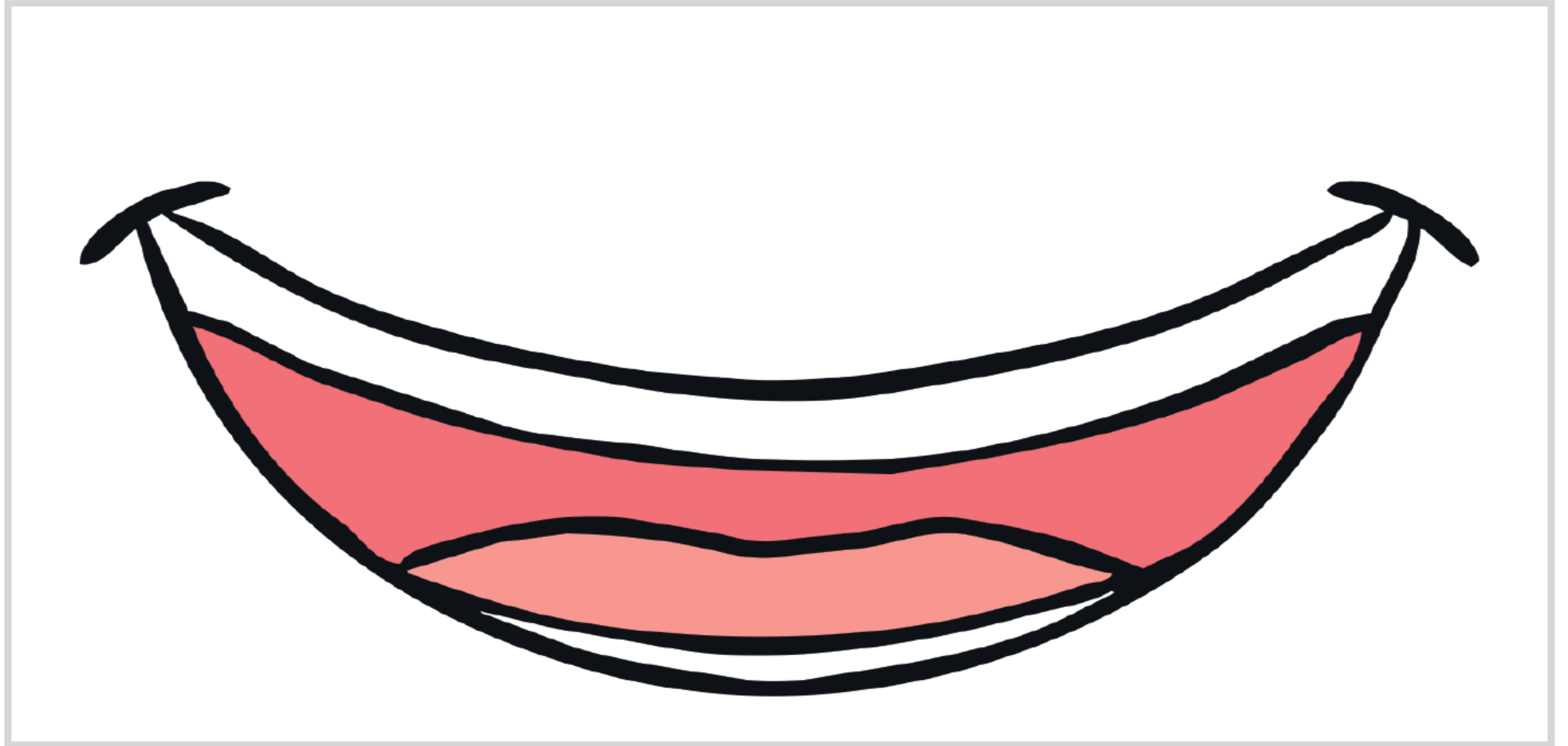
What do you have with you in your happy place? For example, a special toy, a favourite food or a special picture.



When you are in your happy place, how does your body feel?



When you are in your happy place, how does your mind/brain feel?



What is it about your happy place that stops you feeling sad? For example, 'I love the people that are there and they make me laugh.'



Colours for emotions

- blue = worried
- green = sad
- red = angry
- yellow = happy
- purple = excited