



MY HAPPY PLACE

Circle the words and write your own thoughts

My happy place is ...
OUTSIDE / INSIDE

I prefer to go there..
ON MY OWN / WITH SOMEONE

What do you do in your happy place?

Draw

Sit Quietly

Close my eyes

Listen to music

Play video games

Watch TV

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.....

How do you like your happy place to be?

Quiet

Noisy

Low Light

Bright Light

Calm

Energising

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