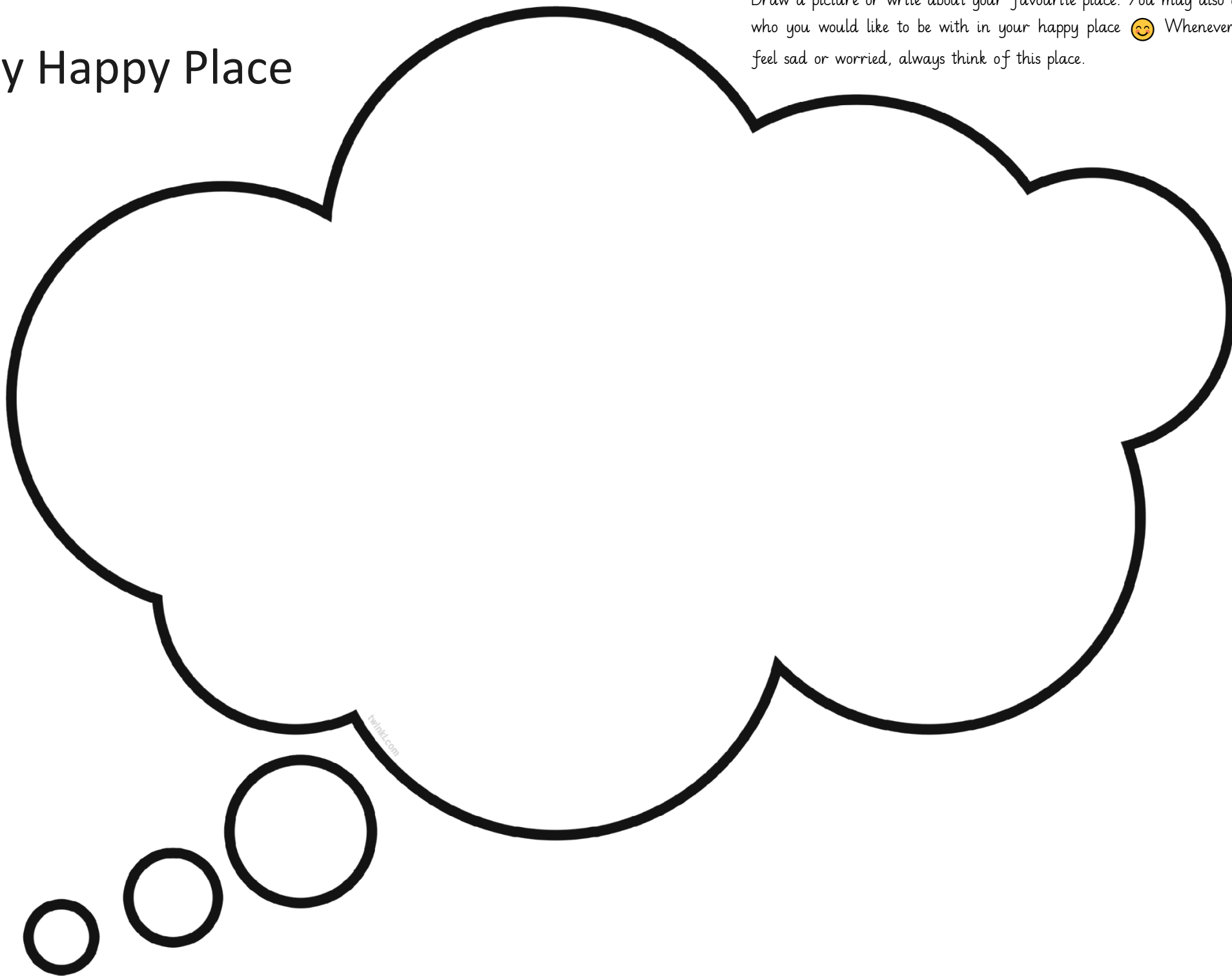


My Happy Place

Draw a picture or write about your favourite place. You may also draw who you would like to be with in your happy place 😊 Whenever you feel sad or worried, always think of this place.



Distraction cards

If you are feeling worried, anxious, or even happy with nothing to do. Look at one of the activities and choose one to do. Keep hold of this sheet as you may want to use them again.



Take some exercise.



Write a story or draw a picture.



Clean your room or move your room around to make a change.



Do something creative – paint, bake, draw, craft or model.



Sing and dance along to your favourite songs.



Read your favourite book.



Listen to music that makes you feel happy and relaxed.



Make a calming box for yourself/use your calming box.