

MY SPECIAL PLACE

WHERE I FEEL CALM + RELAXED

Try to imagine a place where you feel calm and relaxed (if possible a place outside in nature). It could be a place you have visited in real life or somewhere completely imaginary. It could be a beach, a forest, a meadow, by a waterfall, river or lake, on top of a mountain. There is no limit to where your imagination could take you!

Try to notice as many small details as possible

SEE

What does the sky look like? Are there clouds, a rainbow, is it sunrise/sunset? Can you see water, trees, flowers or animals etc.?



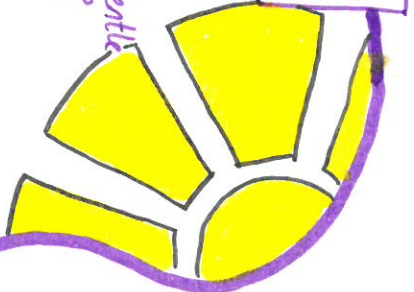
HEAR

Can you hear birds singing, water lapping or splashing, leaves rustling etc.?



TOUCH/ FEEL

Are you barefoot? Can you feel the ground beneath your feet? Can you feel the warmth of the sun or a gentle breeze on your skin etc.?



SMELL

Can you smell flowers or freshly cut grass? Or perhaps the smell of the sea etc.?



TASTE

Are you having a cup of tea or eating some chocolate etc.?



FEEL (IN YOUR BODY)

Are you able to take slow, deep breaths? Has your heart rate slowed down? Are your muscles relaxing? Are the thoughts in your mind slowing down? Anything else?

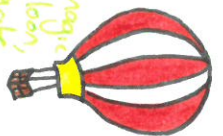


NAME OF YOUR SPECIAL PLACE

Something short and simple is best

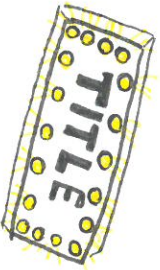
HOW WOULD YOU GET THERE?

Would you climb your fingers, fly there on a magic carpet or by hot air balloon, go through an ornate gate, blink your eyes and you'd be there etc. There is no limit to the ways you can travel there, so be as creative as you can!



WHEN WOULD IT BE USEFUL TO VISIT?

Could it be when you start to notice you are feeling a bit worried (when your heart starts to beat fast or your muscles tighten)? Could it be before you go to sleep or when you first wake up in the morning?



GET CREATIVE

To make this place feel even more vivid for you, you could use art materials to bring it to life. You could draw or paint it. You could make a collage or vision board of all the important elements of your special place. You could make a 3D sculpture or small set design. You could write about your special place as a poem or in a journal etc.

