

Happy Place 10 Minutes

Visualizations can provide an easy way to help students calm down if they are feeling their "temperature rising." The following script walks students through a process to find a place in their world that they feel safe and happy.

Visualization Script:

We are now going to practice a short activity called visualization. We do this by using our imagination. It's kind of like playing pretend. Has anyone ever practiced this before? Let's all practice together. First I want you all to sit up straight in your chair and place your feet flat on the ground, place your arms on your lap and close your eyes if you are comfortable doing that or find a soft gaze in front of you. Now I want you to take two deep breaths: breathe in through your nose and out through your mouth. Again, breathe in through your nose and out through your mouth.

Now we're going to pretend that we are somewhere else. I would like you to imagine or pretend that you are in your favorite place, the place you feel most happy. It could be your house, your backyard, the park, the beach, the mountains or your grandma's house ...anywhere that makes you feel happy and safe. Imagine what you like to do here. How do you feel when you are surrounded by your favorite place with your family, friends, pets and toys? What feelings and thoughts are coming to your mind right now?

Pause..... Relax and enjoy. Take a few more deep breaths, in through your nose and out through your mouth and just enjoy your imagination Pause..... When you are ready I want you to open your eyes and start to become aware of the room again.

Extension:

Have the students color a picture of their visualization. Ask them to take these pictures home and share with their family. They could also use magazines, scissors and glue and create a collage of their Happy Place.

Growing At Home

Have your students share their "happy place" picture with their families.

- Ask students to find a "happy place" at home that they can imagine or go to when they feel their temperature rising

With parents these simple Mindfulness Tips to incorporate during family time:

Have a tech free night and enjoy a mindful walk around your neighborhood or building.

- Try to spot all the colors of the rainbow on your walk.
- Practice mindful breathing before bed and release the stress of the day.
- Share in the good-: Ask your child what was their best moment of the day.

Name _____

MY HAPPY PLACE PICTURE

