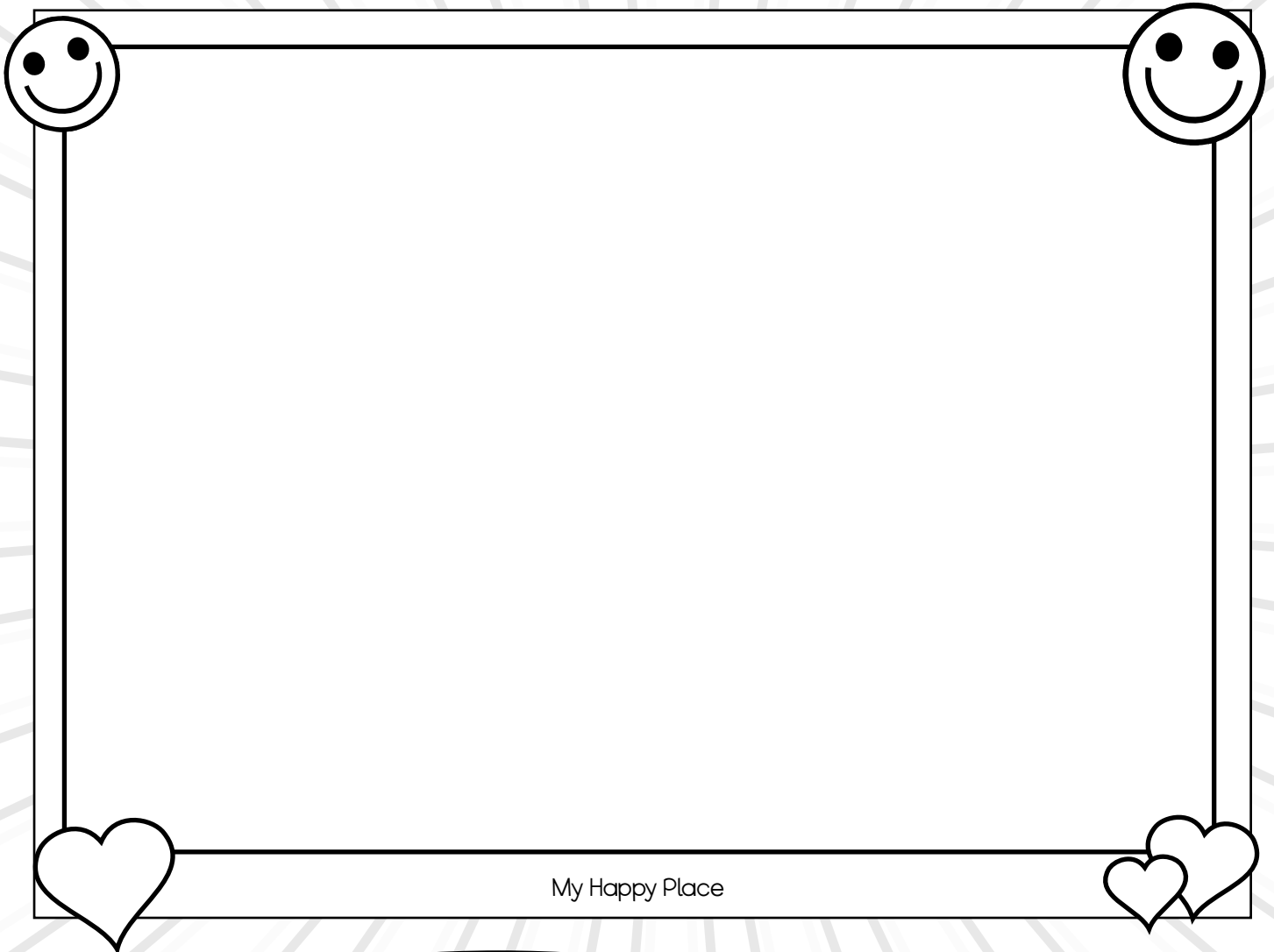
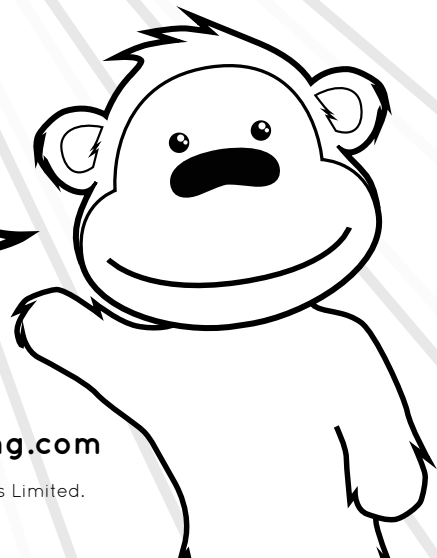


Happy Place

Here is a trick to help you relax – lie down and close your eyes. Think about something that makes you feel really happy inside. Now try to remember how you felt and where you were and imagine being there again for a few minutes.




When you have taken yourself on a little journey in your mind, then **draw a picture of the thing or place you were thinking about.**



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