



SIXTIES



Happy Place Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ Pens / Pencils / Art materials
- ▶ The Happy Place worksheet or a plain piece of A3 paper

L.O:

- ▶ To recognise what my happy place might look like.
- ▶ To be able to work with my partner to create the ultimate happy place.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – As a group talk about what a happy place is, share what our own happy place might be, if they are an actual place or imaginary, and what we use them for.

can ask each other questions and come up with new ideas but what they are going to be trying to achieve is creating the ultimate happy place for both of them that they are going to draw together.

They can either use the Happy Place worksheets or if they need more space provide them with an A3 piece of paper.

MAIN TEACHING (10mins)

Following on from the group discussion, tell the children that what we call a ‘happy place’ is often used as a safe place to cheer us up, make us feel safe, comforted and happy. Highlight the examples that were shared during the discussion showed that each and every happy place can be different to the next.

We can make a happy place real by creating a happy environment around us, that helps us and everyone else feel welcome and of course happy. Ask the children to suggest what types of things could create a happy environment?

These could be such things as brightly coloured decorations, music, or lots of sunlight. Anything that makes us feel good.

MAIN TASK - Happy Place (15mins)

Pair the children up and have them discuss together what each of their happy places might look like. They

PLENARY (2mins)

GROUP DISCUSSION – Ask for volunteer pairs to share their happy place with the other children and talk them through what makes it special to them.

DID YOU KNOW!

In 1961 Yuri Gagarin became the first human in space, then only 8 years later Neil Armstrong and Buzz Aldrin were the first humans on the moon.



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CHILDREN SHEET

In pairs talk together about what each of your happy places might look like.
Ask each other questions and come up with new ideas.

Now together create the ultimate happy place for both you including all the elements you have discussed.
You can use art materials, just pens or even just write a description if you think it might be better.

MY HAPPY PLACE