

MY PEACEFUL PLACE

A Peaceful Place is a place where you feel calm and safe. It can be an imaginary place, or somewhere you have actually been where you feel safe and relaxed. It might be at the beach or mountains, or a world from your favorite book or computer game. Whenever you feel big emotions, close your eyes and imagine yourself at this place! The more vivid and real you can imagine your peaceful place, the more helpful it will be in calming you down.

Where is your peaceful place? _____



What things do you see?



What sounds do you hear?

What do you smell/taste?



What can you feel or touch?



How are you feeling?


