



MY HAPPY PLACE

Think about what puts a big smile on your face — your favourite things, people and memories — then write, draw or paste pictures of them below.

A collection of colorful, blank shapes for drawing or writing. The shapes include: a large blue rounded rectangle with a white interior and a blue ribbon at the top left that says "Best Ever"; a yellow rectangular frame with a white interior and a purple ribbon at the bottom right that says "My favourite"; a pink circle with a white interior and a blue ribbon at the bottom; an orange dashed rounded rectangle with a white interior and an orange ribbon at the bottom that says "Awesome"; a red speech bubble with a white interior; a green circle with a white interior and a blue star at the bottom left that says "LOVE THIS"; and a large green rectangular frame with a white interior. There are also several small red hearts scattered around the top right and bottom left of the page.

Hey Parents!

Give children free rein to scribble, doodle and choose what they want to put on this page. You can prompt them with questions: "What's your favourite snack/toy/song? What do you love to do outside? Who's your best friend?" Through this activity, children acquire skills in decision-making, evaluating and clarifying ideas. It also offers a window into their thinking, emotional state and evolving interests. Display the finished page in a visible spot, so your child can look at it whenever they need a pick-me-up.

