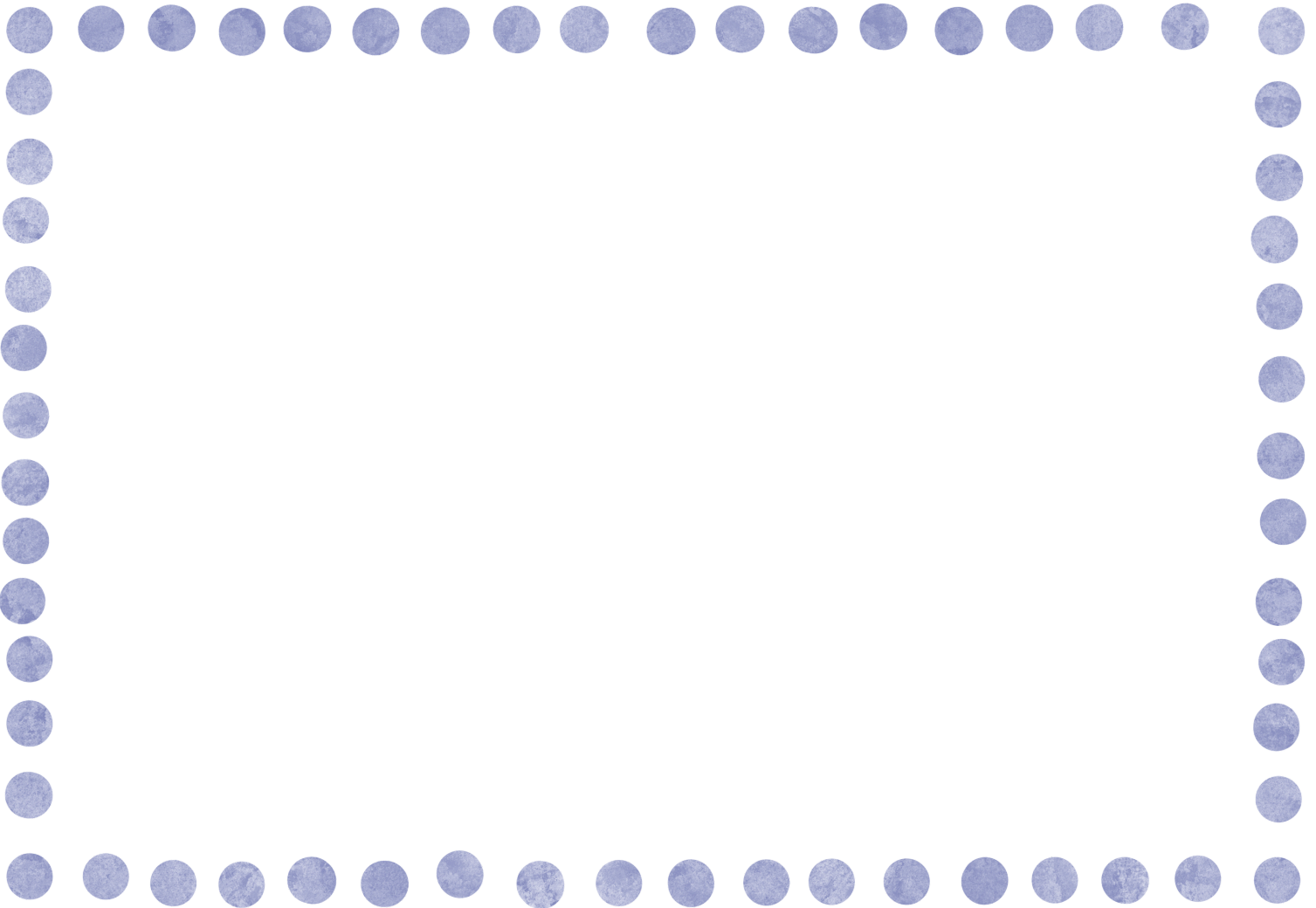


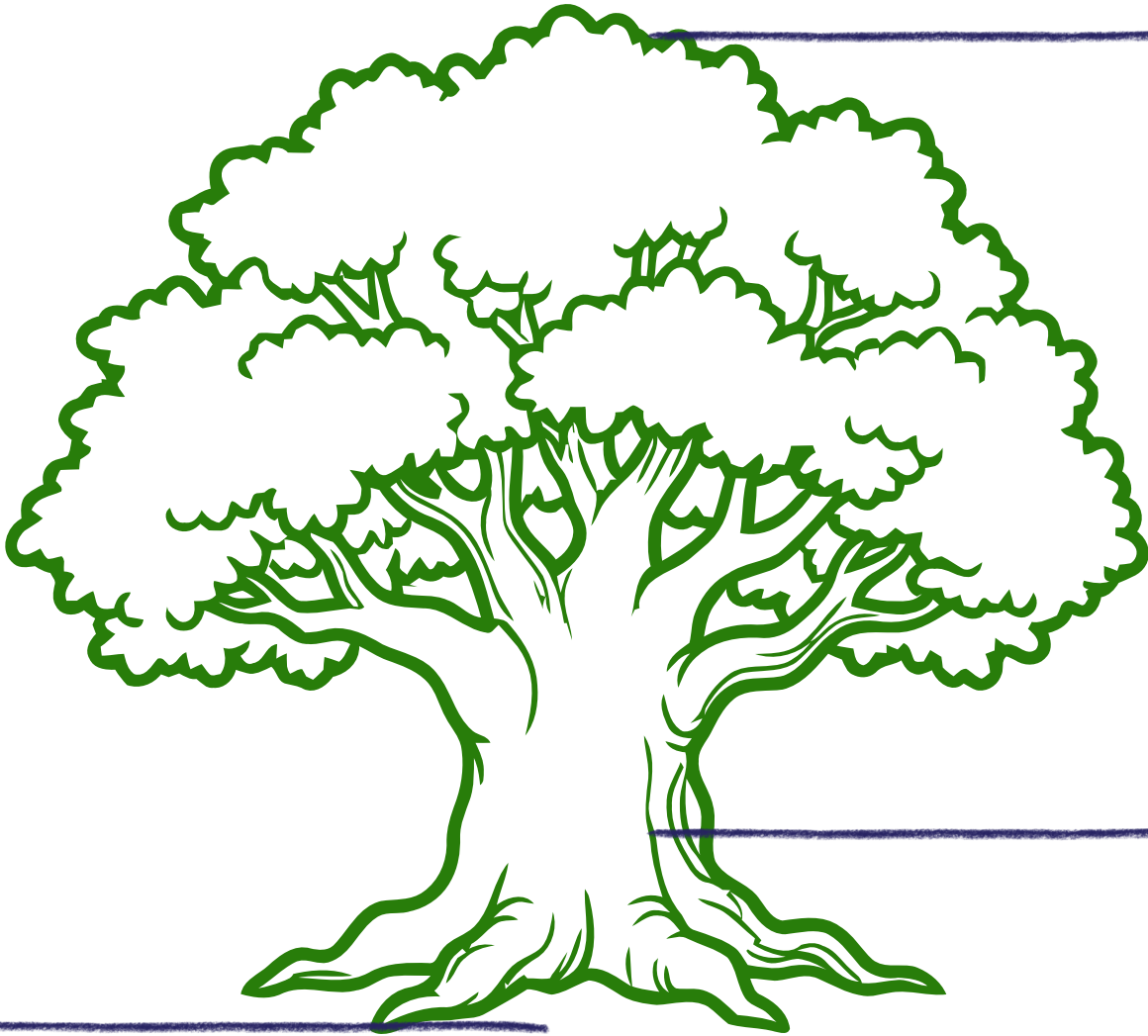
THIS IS MY HAPPY PLACE



Draw a place that makes you happy:



Rooted in Resilience



- Roots: who are your supports? (e.g. family, friends)
- Trunk: what are your personal strengths? (e.g. funny, kind)
- Leaves: what are your goals or things you're growing toward?

What helps you stay strong when things are hard?

Bucket of stress



- Inside the bucket, write down what your stressors are (e.g. school, friendships, change)
- Outside of the bucket, write down your coping strategies (e.g. talking, music, movement, rest)

How do you “empty” your bucket regularly?