



## Activity 7

### Going to Your Happy Place/30-Second Vacation

#### Objective:

- Develop the ability to take a brief mental break during a stressful situation.

#### Steps:

1. Give the participants paper and writing utensils and direct them to draw their happy place.
2. Have participants share why is this their happy place. Discuss any commonalities in the different happy places shared.
3. Discuss:
  - In a stressful situation (i.e. taking a test), taking a brief moment to go to that happy place can put one in a better mind frame to work through it.
  - How could this be helpful in their work with students?