

Happy Place Meditation



EQUIPMENT Relaxing music and mats (optional)

SET-UP Participants quietly sit or lie down on the floor a safe distance apart from each other in the activity area. Consider dimming the lights.

ACTIVITY

- Guide participants through the following meditation:
 - Be still. Let your mind go blank. If a thought comes into your head that is not related to what we're doing right now, recognize it, and let it go.
 - As you become calm and relaxed, picture something in your mind that brings you comfort and happiness. Maybe it is a person, such as a friend or family member. Perhaps it is a place, such as a garden or a spot where you feel the most free. It could be an animal, such as your pet or a favourite kind of animal.
 - Guide your thoughts through every part of this source of comfort. What does it look like? How do you feel when you are with this person or at this place? Why do you love this animal?
 - Reflect on this happy place quietly for a few moments.
- After participants have a chance to go to their happy place, guide them back to the room by asking them to slowly wiggle their fingers and toes.

