

My Peaceful Place Activity Book

Natalie Nordlund



This book belongs to:

Name:

Date:

Imagining My Peaceful Place

Imagine and visualize your peaceful place.

What do you experience in each of your five senses?



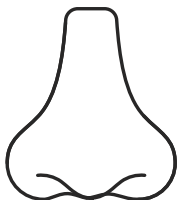
What do you
SEE?

A light blue speech bubble with a tail pointing towards the bottom left, intended for the user to write their response to the 'SEE' question.

What do you
HEAR?

A teal speech bubble with a tail pointing towards the bottom right, intended for the user to write their response to the 'HEAR' question.

What do you
FEEL?

A blue speech bubble with a tail pointing towards the bottom left, intended for the user to write their response to the 'FEEL' question.

What do you
SMELL?

A light blue speech bubble with a tail pointing towards the bottom right, intended for the user to write their response to the 'SMELL' question.

What do you
TASTE?

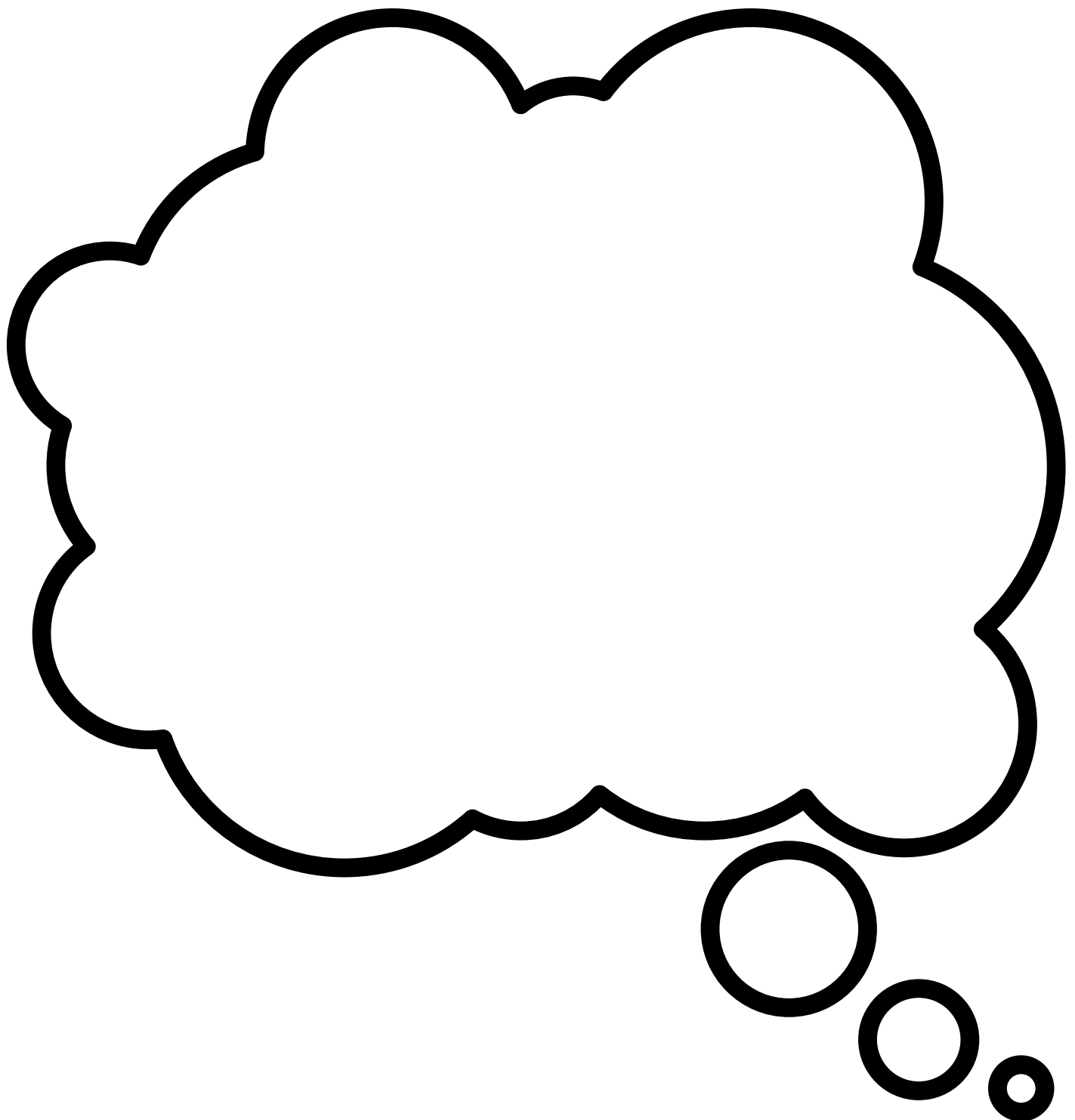
A teal speech bubble with a tail pointing towards the bottom right, intended for the user to write their response to the 'TASTE' question.

Name:

Date:

Where is My Peaceful Place?

After you have imagined your peaceful place, ***draw a picture of your peaceful place below.***



Name:

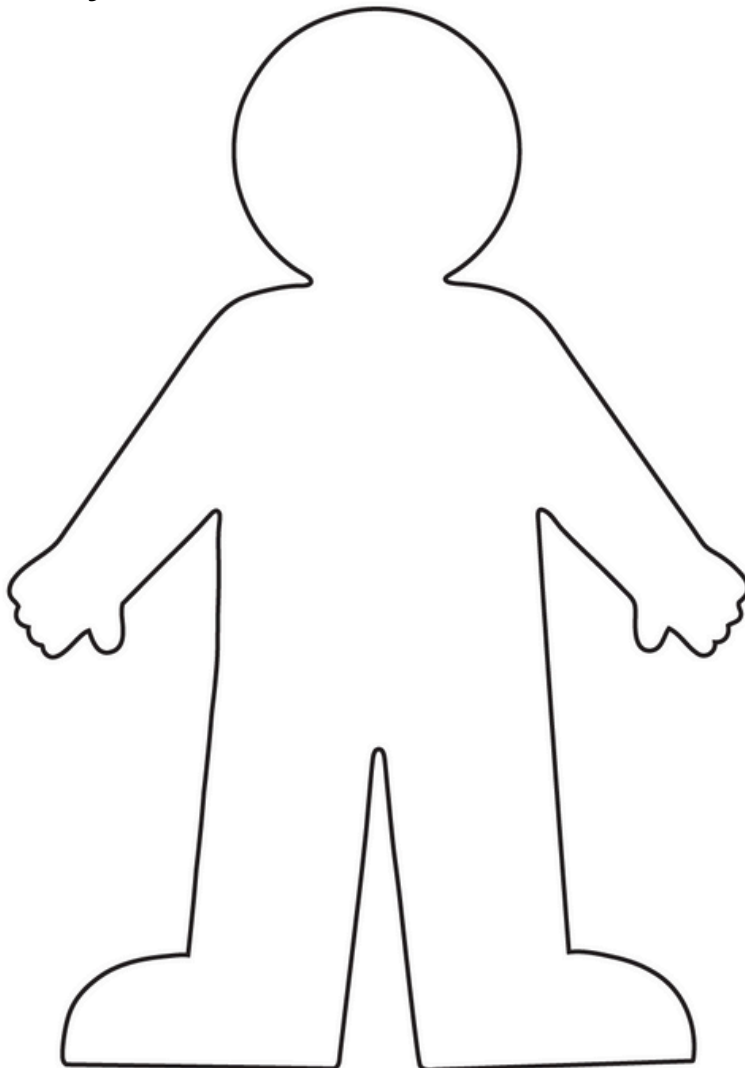
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Noticing My Emotions in My Body

To know when we might need to imagine our peaceful place, we need to notice when we are experiencing uncomfortable emotions. Our bodies can often help us know!

Choose and circle one uncomfortable emotion from the list that you have felt recently.

Where did you feel that emotion in your body?
Color the places you felt that emotion on the body below.



SOME EMOTIONS THAT MAY BE UNCOMFORTABLE

angry

sad

scared

annoyed

anxious

embarrassed

lonely

frustrated

worried

People may feel emotions in both similar and different ways, so where you color may be different from where another person colors. There is no right or wrong way to feel!

Name:

Date:

Recognizing Situations that May Make Me Feel Uncomfortable Emotions

There are often situations that may cause us to experience uncomfortable feelings. These situations can be different for different people, and may change throughout your life.

During what situations can you think of that you might feel uncomfortable feelings? Write them below.



Remember that it is OKAY and it is NORMAL to have uncomfortable feelings. However, imagining our peaceful place is one mindfulness strategy we can use to help ourselves cope when we are feeling those uncomfortable feelings.

Name:	
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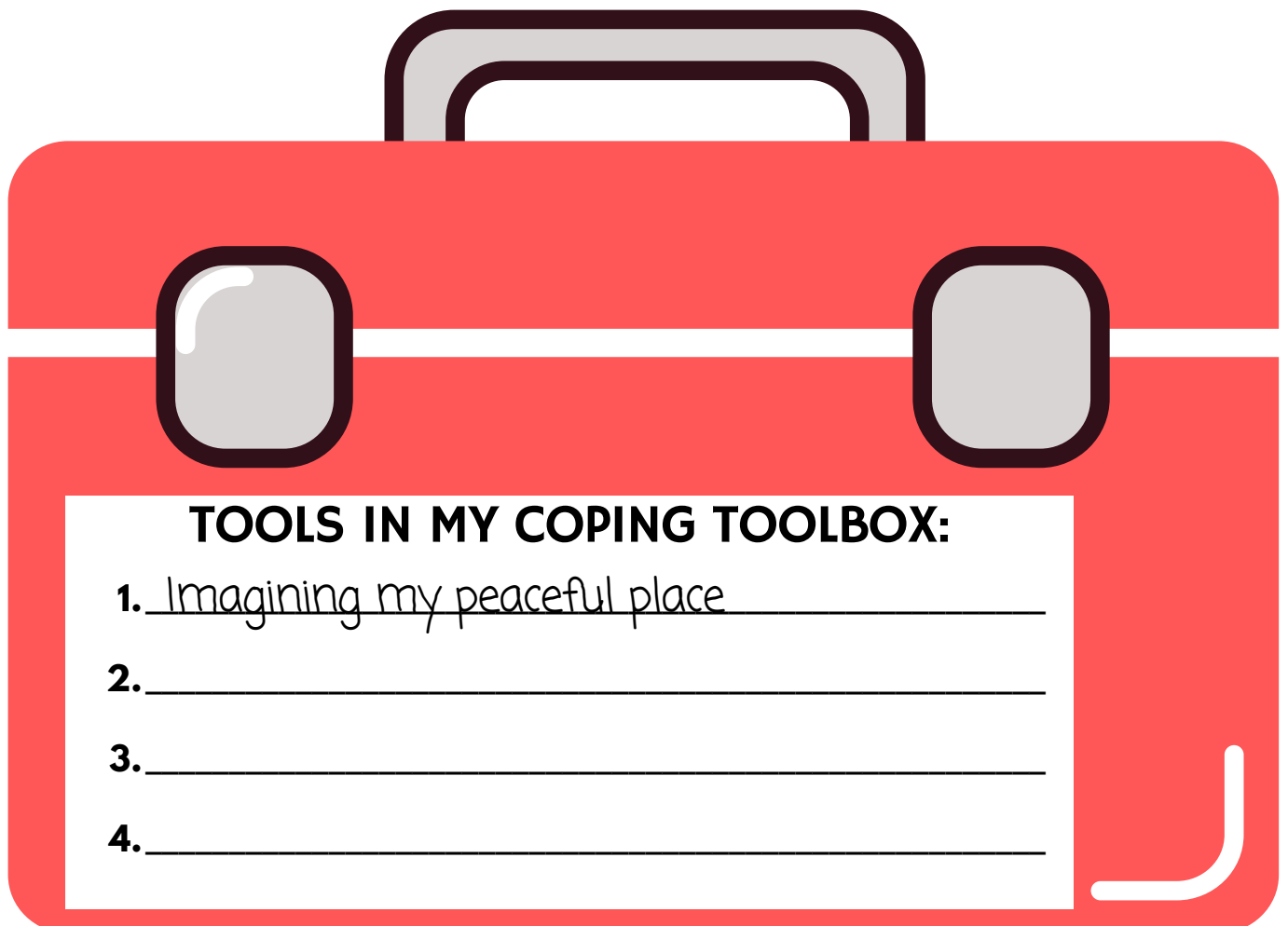
Date:	
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My Coping Toolbox

You have just added one calming strategy to your **coping toolbox** to help you cope with uncomfortable feelings: imagining your peaceful place!

However, it is important that we have various safe and healthy coping tools in our toolbox that we can use when needed. These are often different for different people. For example, while exercising might be in one person's toolbox, another person may be able to better cope through making art, and someone else might prefer spending time with family.

Write down three other coping tools below in YOUR coping toolbox.



TOOLS IN MY COPING TOOLBOX:

1. Imagining my peaceful place _____
2. _____
3. _____
4. _____

Name:

Date:

Asking for Help

There may be situations where using coping strategies is not enough, and you may need to talk with or ask for help from a trusted adult.

For example, this might include times when you don't feel safe, are being mistreated or disrespected, or have been feeling uncomfortable emotions for awhile and not much seems to help.

Think of your **safe people**, or trusted adults you could go to if you need help or need to talk about how you're feeling. ***Write down your safe people below.***

MY SAFE PEOPLE:



*Take a deep
breath...*

My mind is **beautiful** and **powerful**.

It's **okay** to **feel** what I am feeling.

It's **okay** to **ask for help**.

I choose to **love me**, and to **take care of my mind**.

My mind is **beautiful** and **powerful**.

Thank you!

Thank you so much for downloading this resource and for your commitment and dedication to cultivating children's social-emotional development and well-being.

-- Natalie

Instructions

This resource is best printed double-sided. After reading aloud the children's picture book *My Peaceful Place*, written by Natalie Nordlund and illustrated by Paige Rule, walk through and discuss the activities within this activity book with your children/students as they complete them. Activities coincide with the book as well as the activities and discussion questions presented in the back of the book. Resources can be easily adapted or accommodated for children who have difficulties with reading or writing skills.

Visit Natalie Nordlund's [Linktree](#) to see where you can purchase your copy of *My Peaceful Place*. A read-aloud video is also available on YouTube [here](#).

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