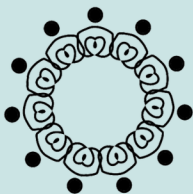


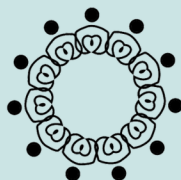
Special Peaceful Place



Special Peaceful Place

What You'll Need!

- **Paper or sketchbook**
- **Pencils, markers, or crayons**



Special Peaceful Place

Everyone has a place - real or imagined - where they feel safe, calm, and at ease. This activity invites you to create your own peaceful place and bring it to life through art.

Create Your Peaceful Place

Step 1: Close your eyes and picture a place where you feel peaceful - real or imagined.

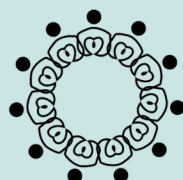
Step 2: Notice the details. What do you see, hear, and feel? What colours make it calm?

Step 3: Draw your peaceful place, using colours and textures that reflect how it feels.

Step 4: Keep it nearby. When you need a moment of peace, look at your drawing and imagine yourself in this place.



Your peaceful place is yours to create - where will your imagination take you?



Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

 emilymillartherapy@gmail.com

 [@emillartherapy](https://www.instagram.com/emillartherapy)

 **MOOD Kits by Emily Millar**

 emily-millar.com

Can't wait to see what you create!

