



STEAMS

My Favorite Place Worksheet

Objective:

This worksheet aims to promote positive mental well-being among elementary school students by encouraging them to identify and express their emotions, practice gratitude, and engage in activities that promote happiness and self-care.

Materials Needed:

- "My Favorite Place" worksheet (provided below)
- Crayons, markers, or colored pencils

Instructions:

1. Begin by explaining to the students the importance of taking care of their mental health and what it means to have positive mental well-being. Use age-appropriate language and examples to help them understand.
2. Distribute the "My Favorite Place" worksheet to each student.
3. Guide the students through each section of the worksheet, providing explanations and examples as needed:

A. Emotion Faces:

Ask the students to color in the faces representing an emotion they felt this week. Encourage them to talk about that emotion and why they may have felt that way. *Preferably, share a moment that made them feel happy during the week.*

B. Gratitude Tree:

Explain the concept of gratitude and how it can improve mental well-being. Ask the students to write or draw things they are grateful for on the leaves of the tree.

C. My Favorite Place:

Have the students draw or write about a place that makes them feel happy, safe, & calm. This could be a real place or an imaginary one.

D. Self-Care Activity:

Discuss the importance of self-care & how taking care of ourselves can improve our mood and well-being. Ask the students to draw a picture of an activity they enjoy doing to take care of themselves.

4. Encourage the students to share with their class "or peer" if they feel comfortable, fostering a supportive and inclusive environment.
5. Conclude the activity by emphasizing the importance of practicing positive mental health habits every day and reminding the students that it's okay to talk about their feelings and seek help when needed.

Emotion Faces

Draw a path to connect each face with the emotion it represents.



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• Sad



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• Shy



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• Angry



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• Scared



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• Happy

Gratitude Tree

Write or draw the things you are grateful for on the leaves of the tree.



My Favorite Place

Draw your favorite place that makes you feel happy, safe, and calm.

Self-Care
Activity

