



## My Happy Space

Imagination is a Powerful tool

**Goal:** Calm your mind by imagining yourself in a peaceful situation or setting, such as the beach or in the setting of your favourite book. Try this together with your child, when they need help calming down.

**Why is this important?** Calming the mind and body can help you stay focused in challenging situations.

**References:** MacIntyre, P., & Gregersen, T. (2012). Emotions that facilitate language learning: The positive-broadening power of the imagination.  
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Taylor, S., Pham, L., Rivkin, I., & Armor, D. (1998). Harnessing the imagination. mental simulation, self-regulation, and coping. *The American Psychologist*, 53(4), 429-39. doi:10.1037/0003-066X.53.4.429.