

## *"Happy Place" Ideas*

- Heart or star shape area
- Handprints
- Benches, swings, gliders, and/or rockers
- Logs or big rocks to sit on
- Fountain or reflection pond . . . throw coins in and send for cancer research
- Stepping stones or bricks with engraved words or quotes (peaceful words)
- Patio with some shade
- Gazebo, archway with vines, cover from rain
- Wishing well
- Smile path
- Music, wind chimes
- Windsock, weather vane, kites, windmill, whirly gigs
- Mirror ball, globe display
- Statues/sculptures of doves, fawns, hearts, peaceful things & people (MLK)
- Bird feeders (hummingbird), bird houses, butterfly houses, bird bath
- Trees: apple, maple, pine
- Tall grasses to hear the wind
- Flowers: bleeding hearts, daffodils, roses, sunflowers, violets, daisies, tulips, marigolds, lilies, snap dragons, lambs ear, chinese lanterns
- Herb garden
- Birds, butterflies, frogs and turtles
- Quietness
- Beach/sand
- Thoughts of heaven, big blue sky, mountains,
- Smiles everyday
- American flag