

# How I feel when I'm...

When I'm sitting on the beach, watching the waves, or ships on the water, with my toes in the sand (or on the pebbles), I feel...

---

---

---

---

When I'm quiet in the forest, surrounded by trees and can hear birds, the sighing of trees and wind, I feel...

---

---

---

---

When I'm in a busy shopping area, with lots of people, noise and commotion, I feel...

---

---

---

---

When I'm in my bedroom, I feel ...

---

---

---

---

Where do you love to be? How does it make you feel?

---

---

---

