

Happy Places

Made by the Learning team at RIBA

With special thanks to [RIBApix](#)

Key information and aims

<p>Key words – make sure you know what these words mean. Use a dictionary, the internet or an adult to help you.</p>	<p>Architect – someone who designs places Client – the person or people architects make designs for Design – a drawing with a plan Gratitude – the act of being thankful Savouring – the act of reviewing and deeply appreciating positive experiences we're having as we're having them.</p>
<p>Materials – what you will need to collect to do this project.</p>	<p>Paper and a pencil or pen (Optional) Recycled materials or coloured paper or card</p>
<p>Skills - what you should know how to do by the end of the project. Can you show someone else how to?</p>	<p>I can recognise and name several different feelings. I can identify several things that positively or negatively change the way I feel.</p>
<p>Knowledge – what you should know by the end of the project. Can you tell someone else about it?</p>	<p>I know that architects design lots of different types of places for people, including places which can help us live happy and healthy lives. I know that places can change how I feel. I know several things that I can do to care for my feelings.</p>
<p>Extension activities – other things you can do to build on your learning</p>	<p>Watch Disney Pixar's film Inside Out Continue exploring and documenting how different places make you feel. Use RIBApix or look at the places you spend time in or the places you have been.</p>

Core theme: Health and Wellbeing

This resource focuses on the PSHE curriculum for key stages 2 to 3.

For full guidance on your child's specific year group UK curriculum aims, look at the [programme of study for PSHE](#).

This learning resource has been based on the following learning opportunities identified by the PSHE Association curriculum framework:

Key stage 2 (ages 7 to 11)

- To learn problem-solving strategies and behaviours for dealing with emotions and supporting good mental health
- To learn about everyday things that affect feelings
- To develop a varied vocabulary to use when talking about feelings

Key stage 3 (ages 11 to 14)

- To understand what can affect wellbeing and resilience
- To learn how to identify and articulate a range of emotions, using appropriate vocabulary
- To develop a range of healthy coping strategies and ways to promote wellbeing and boost mood

Happy Places

Architects design lots of different types of places for people.

Places can change how we feel.

In this project, you will:

- Explore how different places designed by architects make you feel and investigate why that is.
- Use what you've learnt to design and create your very own Happy Place!
- Reflect on which places in your life can care for your feelings going forward.



Model of Finmere Primary School, Oxfordshire.
Designed by Department of Education & Science's Architects & Building Branch.
Credit: RIBA Collections

Illustrations by Dovilė Čiapaitė

Icebreaker Challenge

Working with a partner, list as many feelings you can think of in 30 seconds.

You can use the prompt below or the emojis seen here to get you started.

excited

Remember these feelings as we move onto the next slides.

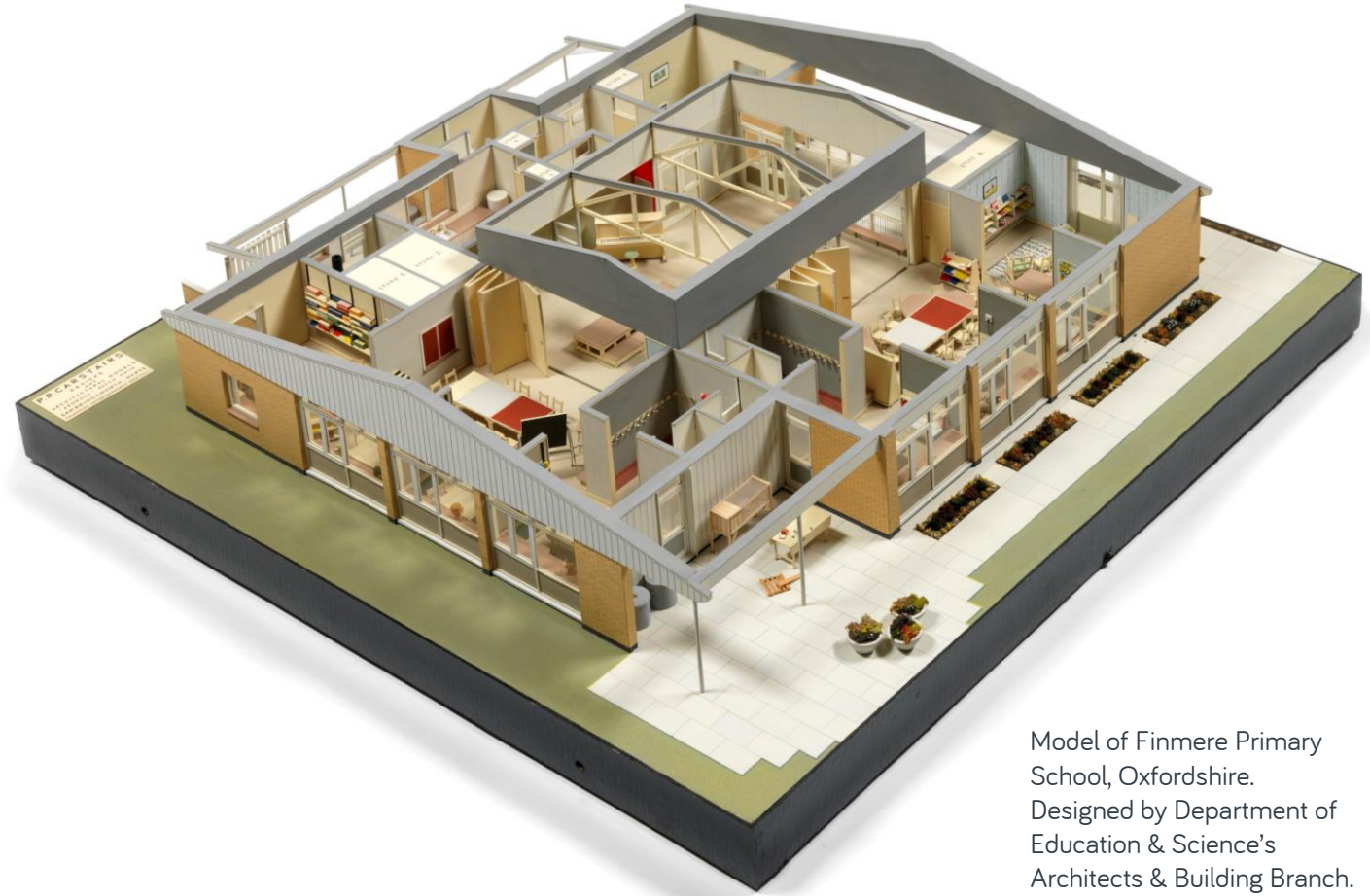
Happy Places

Choose the place you like the best from each of the following slides and imagine you are there.

Explore how different places designed by architects make you feel and investigate why that is.

Think about:

- How would being in this place make me feel?
- Why? What can I do in this place?
- What and who can I see?
- What can I touch?
- What sounds can I hear?
- What can I smell?
- Can I taste anything here?



Model of Finmere Primary School, Oxfordshire.
Designed by Department of Education & Science's
Architects & Building Branch.
Credit: RIBA Collections

Schools

Think about:

- How would being in this place make me feel?
- Why? What can I do or see in this place?
- What sounds might you hear in this place?
- How would those sounds make you feel? Comforted? Excited? Happy? Angry? Annoyed? ...why might that be?

Image references:

1 and 2. Clapham Manor Primary School, Lambeth, London.

A new wing added to an existing Victorian school by architect de Rijke Marsh Morgan.

Credit: JZA Photography / RIBA Collections on RIBApix.

3. Queen's Inclosure Primary School, Cowplain, Waterlooville, Hampshire:

the central spine corridor seen from the playground by Hampshire Department David Morriss.

Credit: Reid & Peck / RIBA Collections on RIBApix

4. Polygon Primary School, Almere by architect Herman Hertzberger.

Credit: Hans Jan Durr / RIBA Collections on RIBApix.

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Hospitals



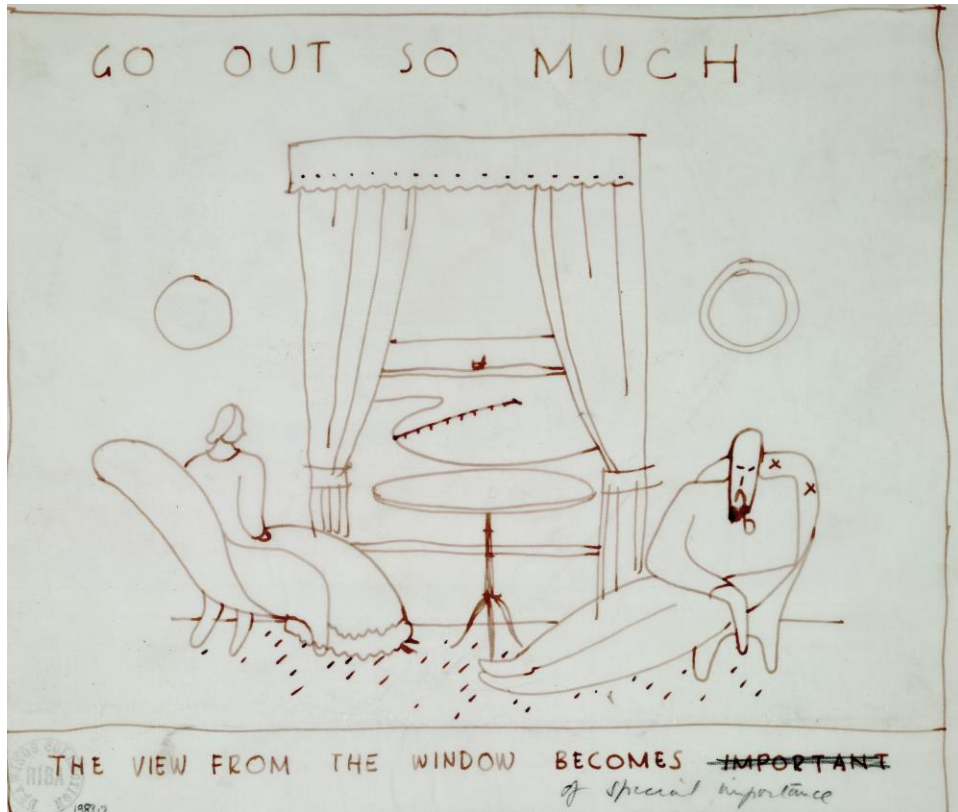
5. Kentish Town Health Centre, London by architect Allford Hall Monaghan Morris.
Credit: RIBA Collections / JZA Photography on RIBApix



6. Bridget Riley and John Weeks with Riley's murals, St Mary's Hospital, Paddington, London by architects/designers Llewelyn-Davies Weeks and Bridget Riley.
Credit: Crispin Boyle / RIBA Collections on RIBApix

- What does this place make me feel?
- Why? What can people do or see in this place?
- Do you like the colours and shapes used in these designs? Why is that?

Things to look at



7. Sketch by Gordon Cullen illustrating the problems and solutions connected with designing for the elderly: here a couple are shown seated by a window. The sketch's annotation explains the special importance of a window's view to the elderly, who may not be able to leave the house frequently. Credit: RIBA Collections on RIBApx



8. Design for a wallpaper featuring aeroplanes, clouds and sunrays by Raymond McGrath. Credit: RIBA Collections on RIBApx.



9. Design, possibly for a nursery wallpaper, showing birds and a squirrel in a tree by Charles Francis Annesley Voysey. Credit: RIBA Collections on RIBApx

- What can you see out the window or in these wallpapers?
- How does what you can see make you feel?
- Does it remind you of anything? What's it like to remember that thing?

Places to meet and have fun

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- What can I do here?
- Do I like to do that?
- Why?
- Can doing this change my mood?



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Image references:

10. Churchill Gardens Estate, Pimlico, London: children's playground by Powell & Moya.

Credit: John Donat / RIBA Collections on RIBApix.

11. Odeon Cinema, Bournemouth, Dorset by architects David Dry K. Halasz & Associates.

Credit: RIBA Collections on RIBApix

12 Childrens' playground, Lyon, France.

Credit: Charlotte Benton / RIBA Collections on RIBApix.

13. Berkeley Library, Trinity College, Dublin: students relaxing on the raked concrete benches by the east front entrance. Architecture by Ahrends Burton & Koralek.

Credit: John Donat / RIBA Collections on RIBApix.

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Places to see and be in nature



14. Kalvebod Waves, Copenhagen by JDS Architects.
Credit: Joanne Underhill / RIBA Collections on RIBApx.



15. Sketch of proposed scheme for Ebury Square, London by architect Gordon Cullen. Part of a study which looks at the place of the ornamental square in a built-up area. Credit: RIBA Collections on RIBApx.

- How would being in this place make me feel?
- Why? What can I do or see in this place?
- Think about the five basic senses: touch, sight, hearing, smell and taste.
- What colours and textures might you see and touch? What sounds?

Top Tips for a Happy Place

Top Tip

Exposing our eyes to natural daylight outdoors or indoors by a window helps us sleep better.

Sleeping well helps us feel good.

Top Tip

Seeing and being in nature can make us feel a sense of wonder, calm, and peace.

- Can you remember how you felt the last time you were in and around nature?
- Was it something you saw or smelled?
- What were you doing?



16. Palladian Bridge, Stowe, Buckinghamshire by James Gibbs. Bernard Cox / RIBA Collections on RIBApix.

Let's reflect

Using the feelings you have worked hard to detect and the places you have seen,

Answer these questions:

- What have I enjoyed doing and seeing in these places?
- What is important to me? Did I see something important to me in these places? Was it an activity, a sound or a person I like?
- Did the architects' design change my mood? How? What did their design make possible?



An Architectural Challenge!

Imagine you are an architect's client and you want a new place designed for you which will make you feel happy.

Use what you've learnt from exploring how a places' design makes you feel and why.

Ask yourself:

- What do I feel currently?
- What place might I need when I am feeling this way?
- What can I tell the architect to put in that place?

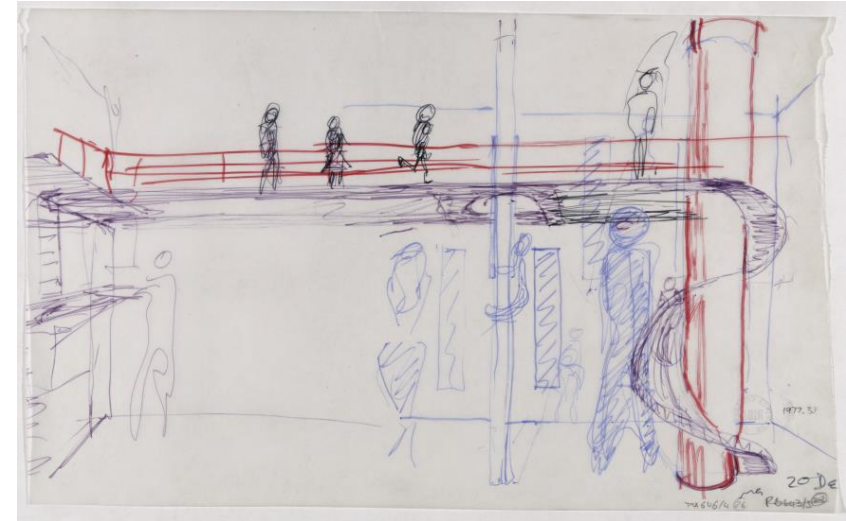
Feeling stuck? Try thinking about yourself as the client using the 3rd person 'they' feel and 'they' need. Thinking about ourselves in the 3rd person can help us look at ourselves from a different perspective, which can encourage self-reflection and self-compassion.



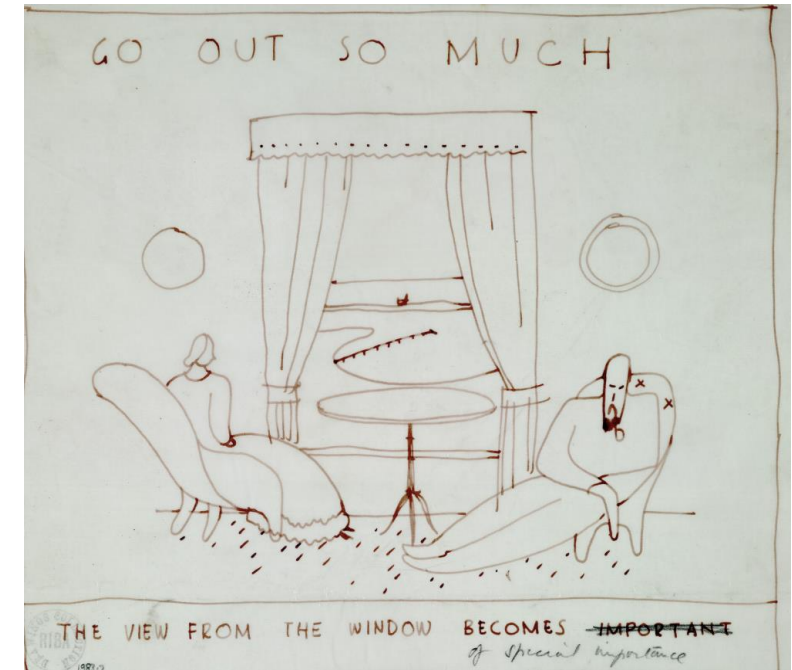
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Image references:
17 and 18.
Illustrations by Dovilė Čiapiaitė.
19. Designs for a playground by Erno Goldfinger. Credit: RIBA Collections
20. Sketch by Gordon Cullen explains the special importance of a window's view to the elderly, who may not be able to leave the house frequently. Credit: RIBA Collections

Design Happy Places

Using what you've learnt from investigating what's important to you and how a places' design makes you feel and why...

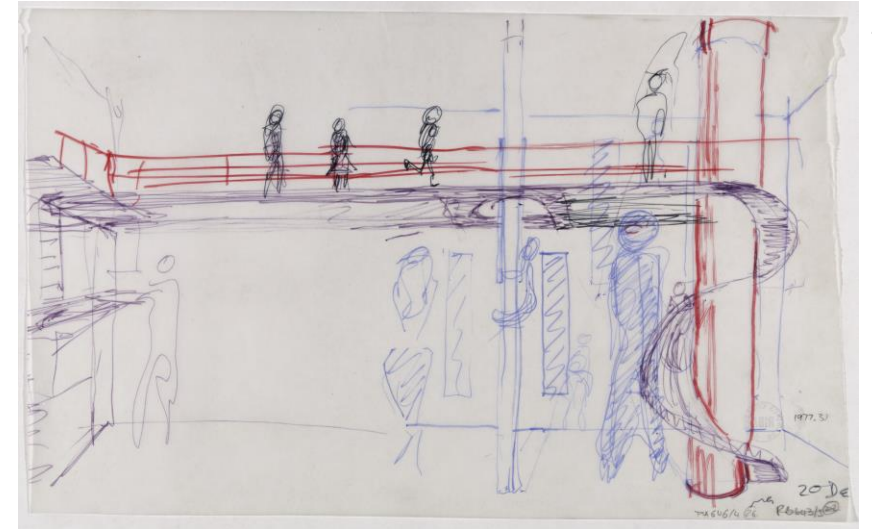
Use a blank piece of paper and a pen or pencil and design your very own happy place!

Think about:

- What happy place am I designing? A school, a park, a playground, a room at home?
- What sounds do I like?
- What materials/textures do I want here? How do they feel to touch, walk on, sit on?
- Who or what do I want to see? What colours?
- Is it light or dark?
- What can I do here? Is it for relaxing, playing, being creative, for being with friends? How does that make me feel?
- Can I make use of this place? Is it all imaginary or is it similar to a real life place I can go to?



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Image references:

21. Illustrations by Dovilė Čiapiūtė

22. Playground design by Erno Goldfinger / RIBA Collections

23. Making dens / Rachel Manns photography

24. Design for colour schemes in Monkfrith Primary School, London by Oliver Jasper Cox / RIBA Collections

Extension activity: Build 3D Happy Places

Using recycled materials, coloured paper or card, build your happy place in 3D!

Choose colours and textures you like!
This short [film](#) and our 3D building ideas will give you some great ideas for creating 3D building shapes.

Look at these shapes and think about:

- Are these shapes cosy and welcoming, colourful or dull?
- Do you think they'd be noisy or quiet, soft or spikey?



25. Illustrations by
Dovilė Čiapaitė



3D building ideas by RIBA Learning.

Extension activity: Gratitude and savouring

Thinking about and savouring positive experiences and expressing gratitude for them can help us feel good and lower stress levels!

Take a moment to think about:

- What places am I grateful for and why?
- What can I do to notice and savour these happy places?



Let's reflect

How can architecture welcome and care for our feelings?

What was it like to think about how places make you feel?

Did you learn something about yourself?

How can you use what you've learnt?

