



"MY SPECIAL PLACE"

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Hopefully everyone has a special place. Some people might like the comfort of their bed. Other people might find their tree house to be their comfort place. Others might choose their vacation homes as a great place to get rid of stress and feel happy. But me, my favorite place is the basketball court in my backyard.

I feel happy and content when I'm shooting hoops on my basketball court. When I'm at my special place with my friends and we're playing basketball they always take me as a threat. They know I'm good at basketball and I've been playing since I was one year old. I even had a mini-basketball given to me the day I was born. The fact that my friends take me as a threat actually makes me feel content because I know I'm working hard and contributing to the game. A hard fought game always makes me feel happy!

The game of basketball makes me feel confident and courageous. When I'm playing basketball I feel confident to take chances by stealing the ball, diving for loose balls, and guarding the other team's best player. I get great satisfaction by making it hard for my opponent's best player. Whenever I'm at my special place I have the confidence to call the plays out to my teammates. I have a lot of confidence to run the play without the help of my coach. That makes me feel proud.

My mind is free of worries, and my body is filled with energy, when I play basketball on my court. Whenever I feel worried or stressed all I need to do is go to my special place, get a ball in my hand, and begin to play. It helps me relax. It's so relaxing to me that when I'm done I feel like I can go back and finish the original task that was making me stressed.

Everyone should have a special place where they can go to feel happy and free from worries. I'm really lucky that my Dad built a basketball court in my very own backyard. This has become my special place. 2 pictures of "My special place "basketball court"

