



Beautiful Breathing

Try this breathing exercise. Breathe in slowly through your nose. Hold for a few seconds. Slowly exhale through your mouth. Repeat this several times.

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Family Fun

Play your favourite board game with your family. Just enjoy it, without being too competitive!

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Magical Music

Listen to your favourite song. Use headphones if the music will disturb others.

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Relaxing Reading

Find a comfortable place to relax and read your favourite book.

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Run for Fun

Go for a jog or a run to clear your head and get some fresh air.

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Useful Yoga

Try some simple yoga exercises, such as 'downward dog'.

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Creative Calming

Do something creative, such as painting a picture or making a collage. It doesn't matter if you think you can't paint – just go with the flow and enjoy the process.

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Time Out

Find a calm space in your house where you can sit quietly and relax.

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Nurturing Nature

Go for a walk. Being outside in the fresh air will make you feel a lot better.

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Disco Fever

Have a dance party! Play your favourite music and get your whole family to join in.

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Singing Sensation

Sing along to your favourite song – even if you can't sing!

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Refresh and Relax

Enjoy your favourite drink! It might be creamy hot chocolate or refreshing icy lemonade.

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Calming Colouring

Relax with the calm, mindful activity of colouring in a beautiful picture.

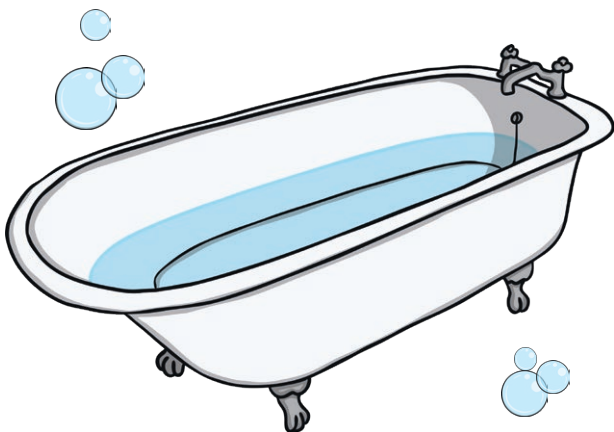
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TV Time

Snuggle up on the sofa and watch your favourite film or TV show.

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Brilliant Bubbles

Enjoy a relaxing bubble bath. There is nothing better than warm water to help you relax.

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Magical Mindfulness

Try being mindful. This means focusing your attention on things that are happening right now, such as your own breathing or the sounds that you can hear.

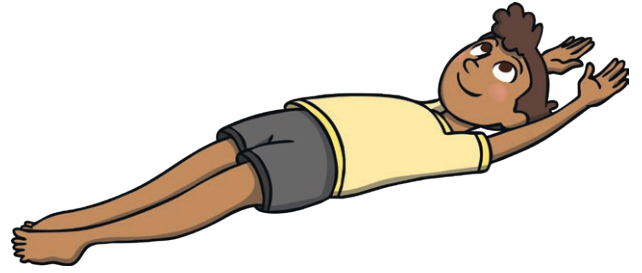
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Write for Wellbeing!

Write a journal or a poem about how you are feeling.

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Let Go!

Lie on the floor and close your eyes. You are going to tense and relax all of your muscles one by one, starting with your toes. Stretch the toes out on one foot for a few seconds and then relax them. Then tense your whole foot and relax it. Repeat this for all the parts of your body. This is also a useful exercise to help you fall asleep.

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