










Relax cards

Try out these relaxing activities, they only take a few minutes to do. You could cut them out and choose one to do each day.

<p>Lay down on your back, place a small, light object on your tummy. Take a deep breath in and out, slowly. Watch the object rise and fall as you breathe.</p> 	<p>Go for a walk and take notice of what is around you.</p> 
<p>Colouring. Find a printable colouring page or a book. Sit and colour for a few minutes. Enjoy seeing your picture evolve.</p> 	<p>Mindful listening. Sit in your garden for 5 minutes and name the sounds you can hear.</p> 
<p>Jog on the spot for 1 minute!</p> 	<p>Finger labyrinth. Draw a labyrinth as shown in the picture. Trace the pattern of the labyrinth with your finger slowly. Try to make it to the centre. Repeat this activity with your other hand.</p> 
<p>Stretch your arms up above your head. Slowly lower your arms down, bend at your waist and let your body hang. Slowly bring your body back up to standing. Stretch your arms out to the side. Drop your arms to your sides. Bring your shoulders up to your chin and drop them.</p> 	<p>Make some lavender play dough. Once you have made it, squish it and squeeze it and make shapes with it.</p> <ul style="list-style-type: none"> 2 Cups of Plain Flour 1/2 Cup of Salt 2 Tablespoons of Olive Oil 2 Tablespoons of Cream of Tartar 1 – 1 1/4 Cups Boiling Water 
<p>Get some bubbles or make up some bubble mixture. Blow bubbles and catch them!</p> 	<p>Create a hand mandala. Draw around your hand and decorate it with mandala style patterns.</p> 