

yoga



**five finger
breathing**



**walking or
wheeling**



cycling



**getting
fresh air**



**going to the
park**



**going to
the beach**



**going to my
favourite place**



**eating a
healthy snack**



mindfulness



**drinking
water**



**playing with my
friends**



**talking
to
mum
or dad**



painting



singing

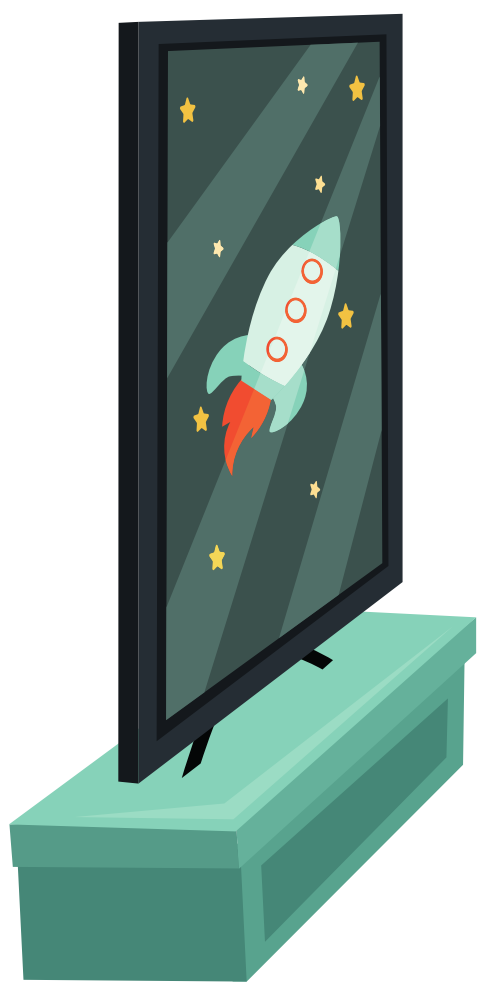
dancing



**listening
to music**



sleeping



watching tv

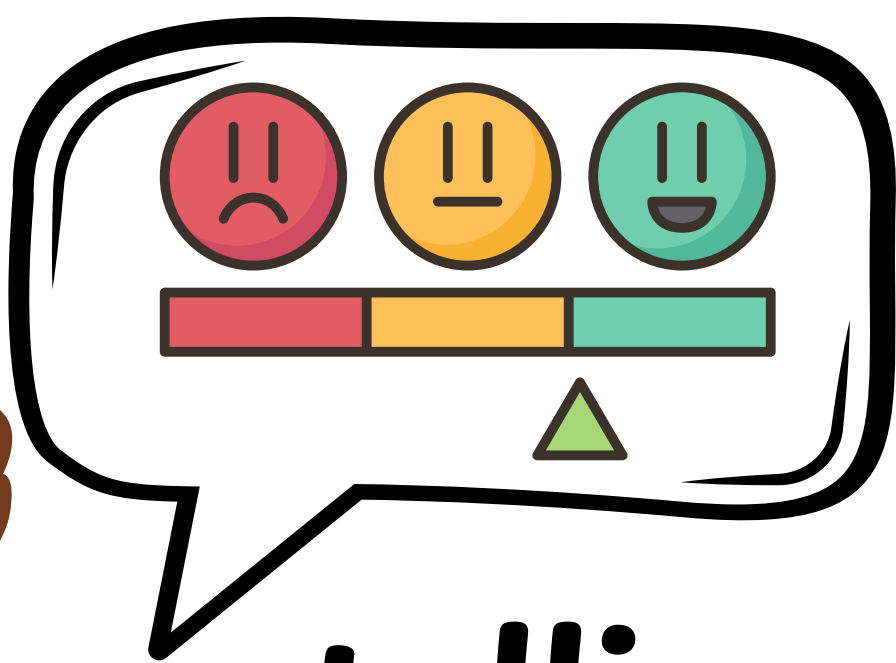
watching a movie



**spending
time with
family**



**spending time
with animals**



**telling
someone
how I feel**

smiling





**think about something
I like about myself**

**think about something
I am good at**



relaxing



**reading a book
or magazine**



**playing with my
favourite toy**



**playing a
game**





swimming

**having a
cuddle**



**drawing or
colouring**

