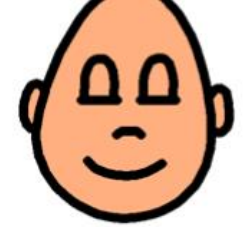


# Calming Anxiety Challenges



Choose a challenge each day to complete.

 <p>Wear PJ Bottoms to Work</p>	 <p>re-write a song with new lyrics</p>	 <p>crazy hair</p>	 <p>wear blue today</p>	 <p>wear odd socks</p>	 <p>make funny faces in mirror</p>	 <p>wear pyjamas today</p>
 <p>Dance for 3 minutes 3 times today</p>	 <p>play charades today</p>	 <p>wear something red</p>	 <p>make up your own game</p>	 <p>play rock paper scissor</p>	 <p>wear green today</p>	 <p>try to same your name backwards</p>
 <p>smash ice cubes in the bath</p>	 <p>wear something white</p>	 <p>listen to music</p>	 <p>curl up, then move into a star shape</p>	 <p>make a den</p>	 <p>sing a song</p>	 <p>mix and match your colours</p>

