



Listen to some music





 Do some colouring or drawing

Pop some Bubble wrap.



Practice Bubble Breathing

Make a feelings playlist

Find something to fidget with









Spend some time outside

Look at some happy photos





Do some meditation on the

Headspace app



Really listen to the rain

Smell some Lavender

Phone a friend







Use a useful phone app



Write it down



Watch something funny



Balance your thoughts

Cuddles

Talk to someone you trust

Do some exercise and release some endorphins



Do some baking



Fill in your mood diary



Read your happy list

Use your senses to relax

Do some balloon breathing







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Do some musical drawing



Read letters or messages from people who care



Knot some ribbon

