



# Creative mind activities



Activities to engage your mind and imagination.

## Guide bubble

### Why

To help stay still and quiet during a visit

### Where

Anywhere

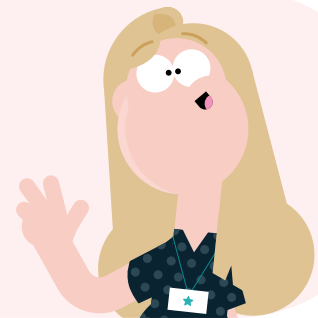
### When

Before and during visits

### Time

As long as needed

Do you want to be a creative explorer? Use your imagination to take you on an exciting adventure... all while staying perfectly still! Have fun practising at home, on your own or with someone else.



## Imaginary friend

Create your own imaginary friend. They could be human, an animal, or a strange new creature!

- What do they look like?
- Where do they live?
- What do they love doing?
- What fun things will you do together?

## One-word story

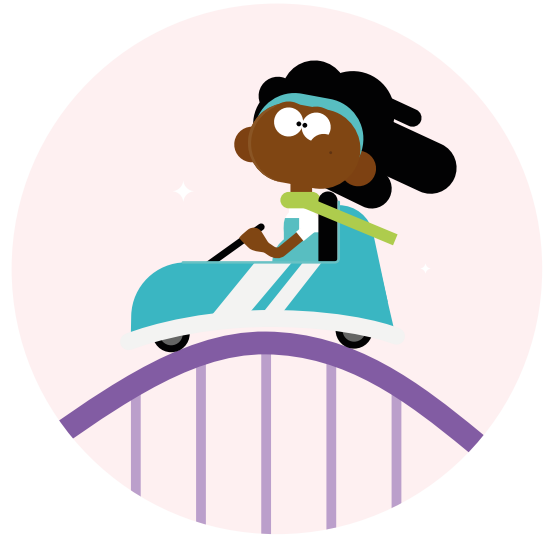
Think of a word and imagine a story about it. E.g. “cloud” - imagine floating high up on the clouds, saying hello to fluffy cloud creatures or discovering secret worlds in the sky!



## Memory lane

Take a journey to a special place in your memory, like a holiday, a park, or magical land from your favourite book or film.

Imagine what can you see, hear, and feel as you explore your special place.



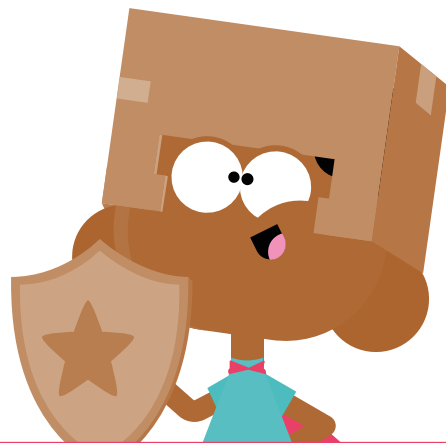
## Strange magic object

Imagine finding a magic object! Maybe it's a magic wand, lamp, or a crystal ball.

- Where did it come from?
- What can you do with it?
- Where does it take you?

## Super powered

You have just woken up with amazing new superpowers. What powers do you have? Imagine how you would use your new powers to save the day!



Your own  
idea