



Mind activities to soothe your mind and stay calm.

Guide bubble

Why

To help prepare for when a moment of calm is needed

Where

Anywhere

When

Before visits

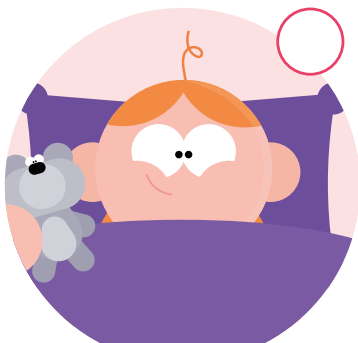
Time

As long as needed

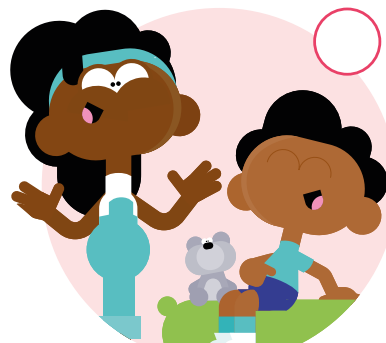
Have fun using your imagination to help your mind and body stay still and quiet. Check out these ideas and tick your favourites. Why not practise them at home with someone else – see who can stay still the longest!



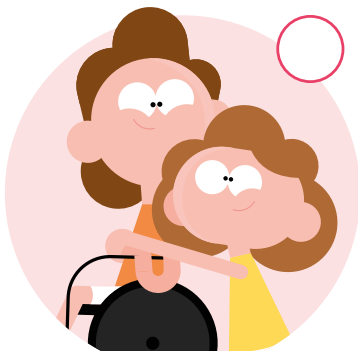
You could imagine:



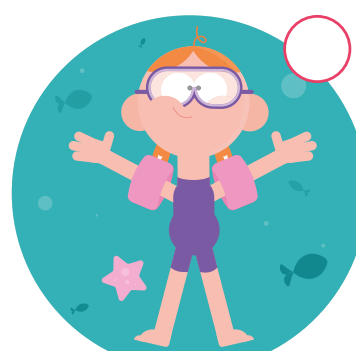
being cosy in bed



laughing with a friend



hugging someone



swimming in the sea



floating on a cloud



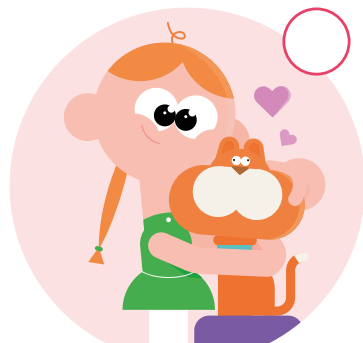
flying through space



playing with sand



climbing a tree



cuddling a pet



dancing in the rain



relaxing in a bath

Your own
idea