



Activities to do to help you feel relaxed and entertained.

# Guide bubble

Why

To help prepare for when a moment of calm is needed

Where

Anywhere

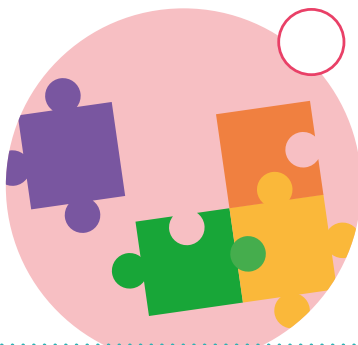
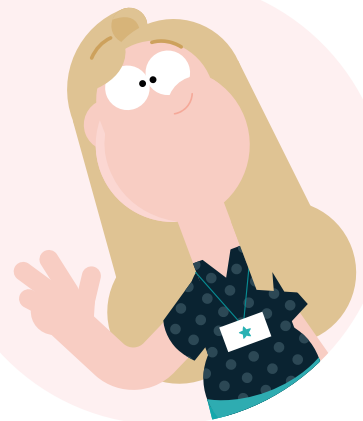
When

Before visits

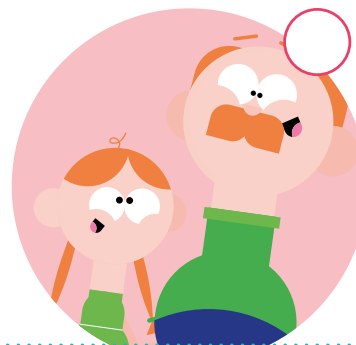
Time

As long as needed

If you feel nervous, try some of these helpful activities! Look through them with your adult and tick your favourites. Try doing them together or adding your own!



Play a game



Talk to a loved one



Read a book



Listen to music



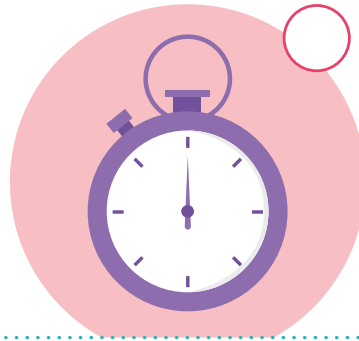
Take deep breaths



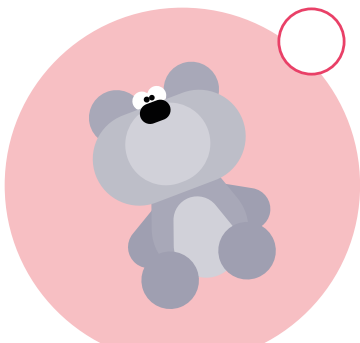
Draw a picture



Laugh



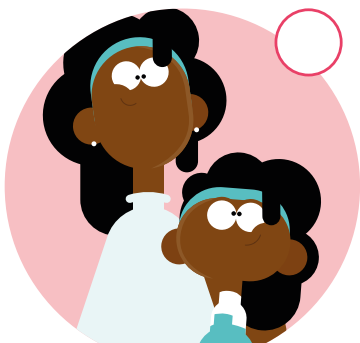
Count to 10



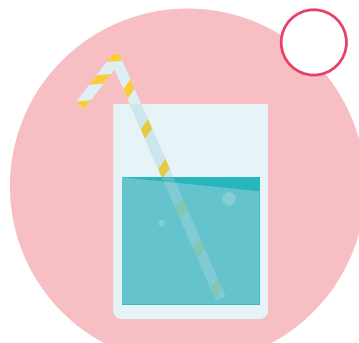
Cuddle a soft toy



Write in a journal



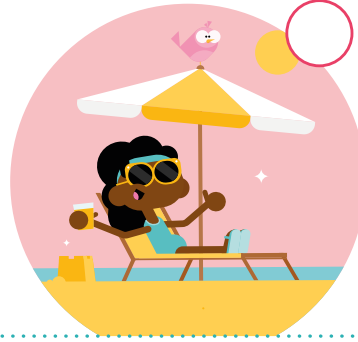
Have a big hug



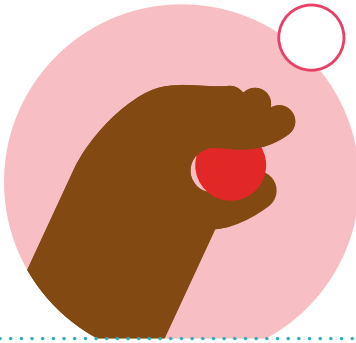
Get a drink of water



Think of a  
happy memory



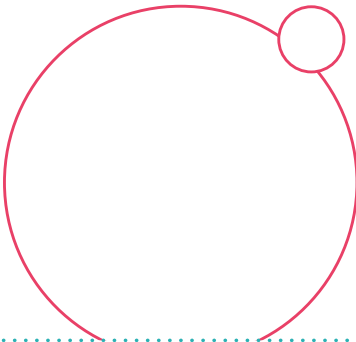
Imagine your  
favourite place



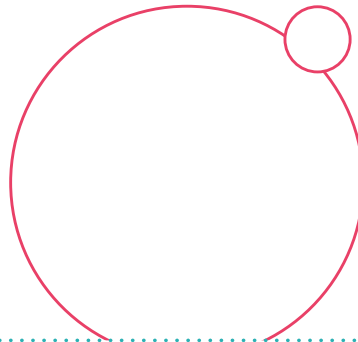
Squeeze a soft ball



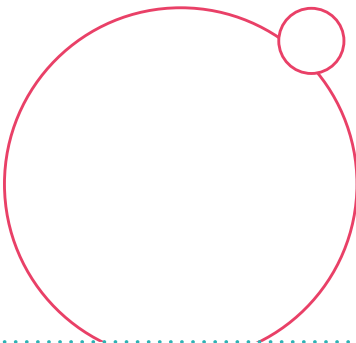
Repeat a calming word



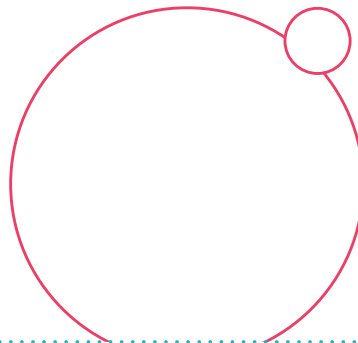
A horizontal dotted line for writing.



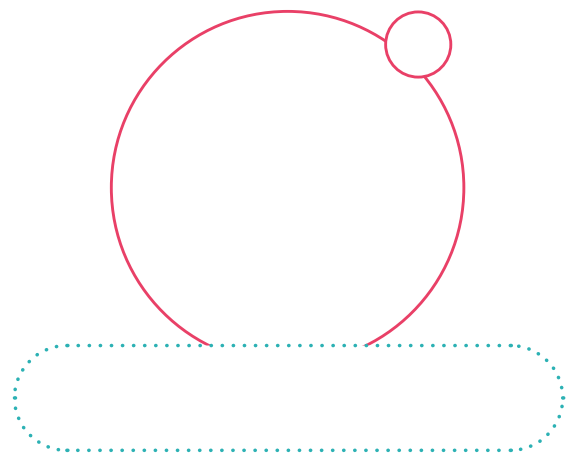
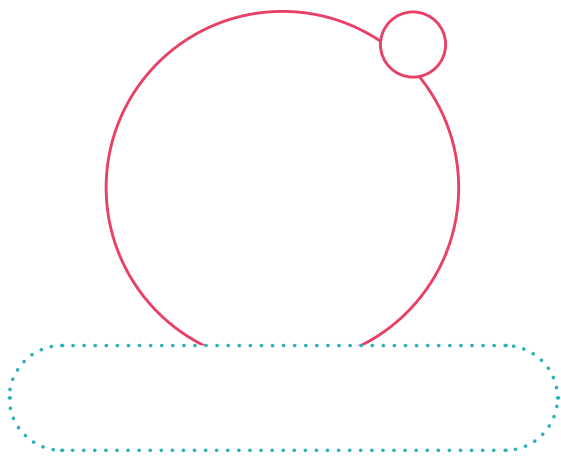
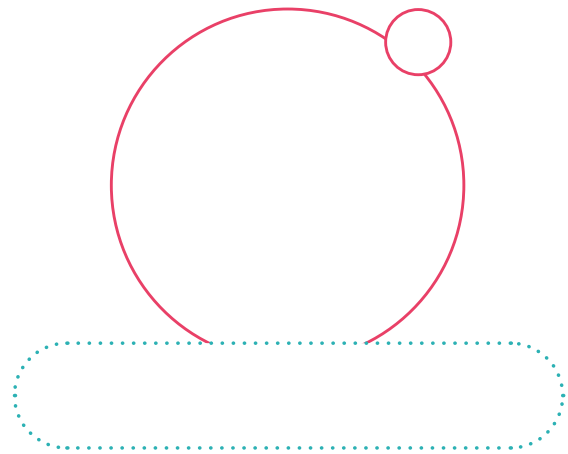
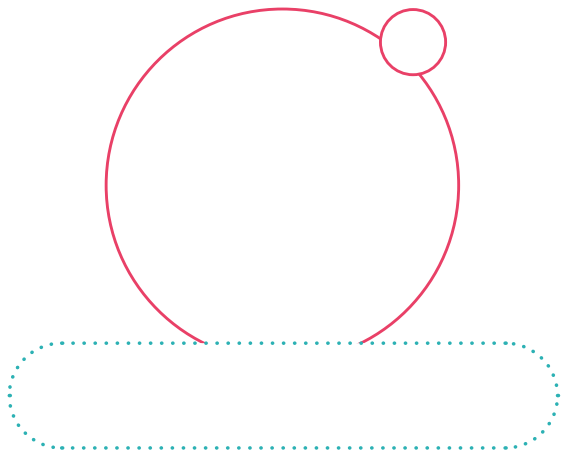
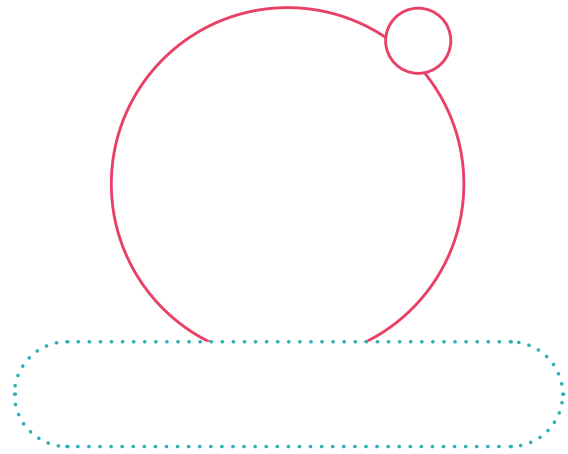
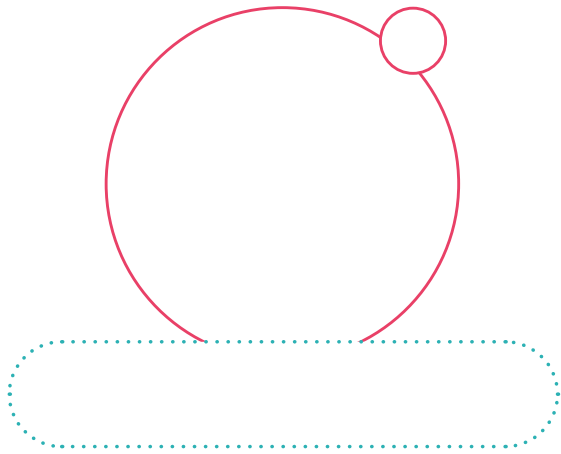
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Download the Little Journey app to explore more relaxation activities and games.

