

# Slow down, breathe & relax your mind



Read your favourite story book (old ones are the best)



Write a prayer or a song

Build a Lego rainbow

Do some colouring in

Switch off all electronics for the day

Light a candle with your family and sit quietly together

Pray to God and thank him for your family and friends

Sit in your favourite spot and breathe deeply for one minute

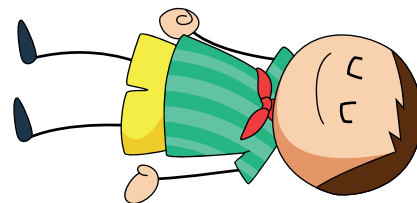
Create a list of things you would like to achieve when the lockdown is over

Paint a picture with water on the ground and watch the air dry it up

Think about any small worries you have. Write them down and let them pass

Create a mixture and blow bubbles into the air

Close the curtains in your bedroom and listen to some calm music



Go for a walk and collect natural things



Find a quiet spot in the garden and listen to the birds



Dance for 5 minutes with your family to some crazy music then laugh together

