



My 'Relax' box of activities

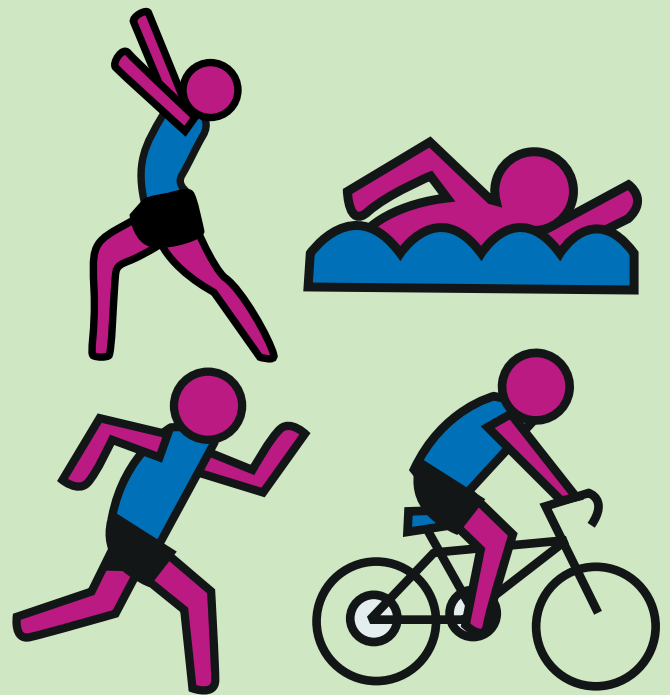
When we are feeling stressed it can really help if we can distract ourselves. Lots of activities help us to de-stress. Have a look through the ideas below and tick the ones that you would like to try the next time that you are feeling stressed out.

How about trying them out and seeing what you think – if it helps, keep doing it.

Maybe you could put together a 'calming box' full of activities that you can do when you feel the need to relax, made up of some of the ideas that you have tried out that seem to work!

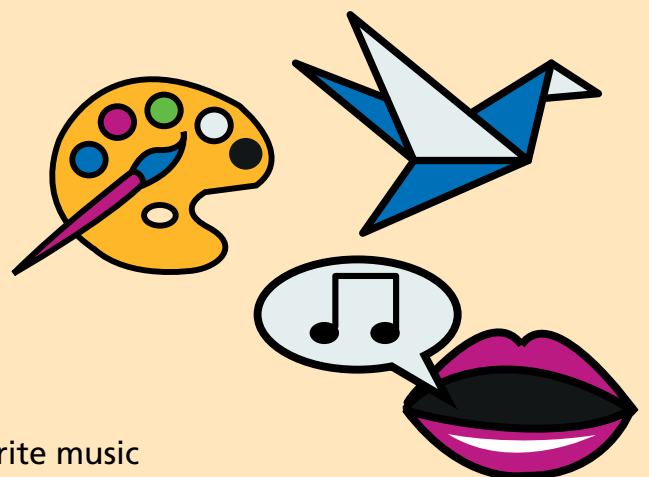
Exercise

- ☐ 1. Sit ups, jumping jacks etc.
- ☐ 2. Going to the gym
- ☐ 3. Punching a punch bag
- ☐ 4. Having a pillow fight with the wall
- ☐ 5. Shouting into a pillow
- ☐ 6. Ripping up paper into small pieces
- ☐ 7. Popping bubble wrap
- ☐ 8. Popping balloons
- ☐ 9. Playing with a stress ball
- ☐ 10. Taking your anger out on a soft toy
- ☐ 11. Throwing socks against the wall
- ☐ 12. Dancing
- ☐ 13. Playing catch with a ball
- ☐ 14. Swimming
- ☐ 15. Going for a bike ride/walk/run
- ☐ 16. Jumping on a trampoline
- ☐ 17. Getting some exercise outdoors



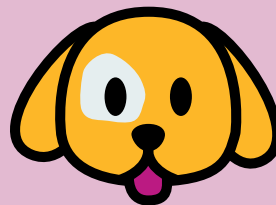
Creative

- ☐ 1. Writing poetry, journals, letters, stories etc.
- ☐ 2. Doodling or scribbling on paper
- ☐ 3. Playing a musical instrument
- ☐ 4. Singing
- ☐ 5. Knitting
- ☐ 6. Sewing
- ☐ 7. Crocheting
- ☐ 8. Drawing or painting
- ☐ 9. Origami
- ☐ 10. Memorising poetry or song lyrics
- ☐ 11. Making a play list, compilation of your favourite music
- ☐ 12. Colouring (the mindful colouring books are especially good!)
- ☐ 13. Playing with little figures (characters, animals etc.)



Distractions at home

- ☐ 1. Play with a pet
- ☐ 2. Cuddle a pet
- ☐ 3. Watch your favourite film or TV programme
- ☐ 4. Organising your room, clothes, photographs
- ☐ 5. Cleaning
- ☐ 6. Organising CDs, DVDs and books into genres, alphabetical and/or chronological order
- ☐ 7. Reading a book
- ☐ 8. Cooking, bake a cake or make cookies or a meal
- ☐ 9. Writing a list of positive things in your life or writing in a journal
- ☐ 10. Painting your nails
- ☐ 11. Gardening
- ☐ 12. Magic tricks
- ☐ 13. LEGO, construction, building blocks
- ☐ 14. Cat's cradle and fidget games/toys (activities that keep your hands busy)



Can you think of any more activities that help you when you are feeling the need to de-stress?

Box of activities

How about making a box of activities that you can use when you want to relax? You could call it your 'chill out' box or your 'calm' box or you may have other good ideas of what you could call it. It could include things like:

- Drawing materials
- Paper
- Colouring books
- Small figures
- Favourite photographs
- Magazines
- Puzzle books
- Play-Doh
- Pens and pencils
- Bubble wrap to pop!



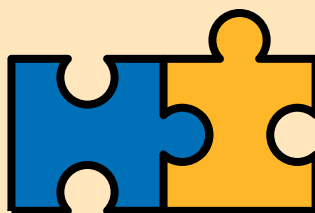
Can you think of some more ideas?

Before bed time

Did you know that doing activities that focus your eyes and that you do with your hands like colouring or jigsaws, also help to relax us? These are useful activities to do just before bed, so that we feel tired and can fall asleep.

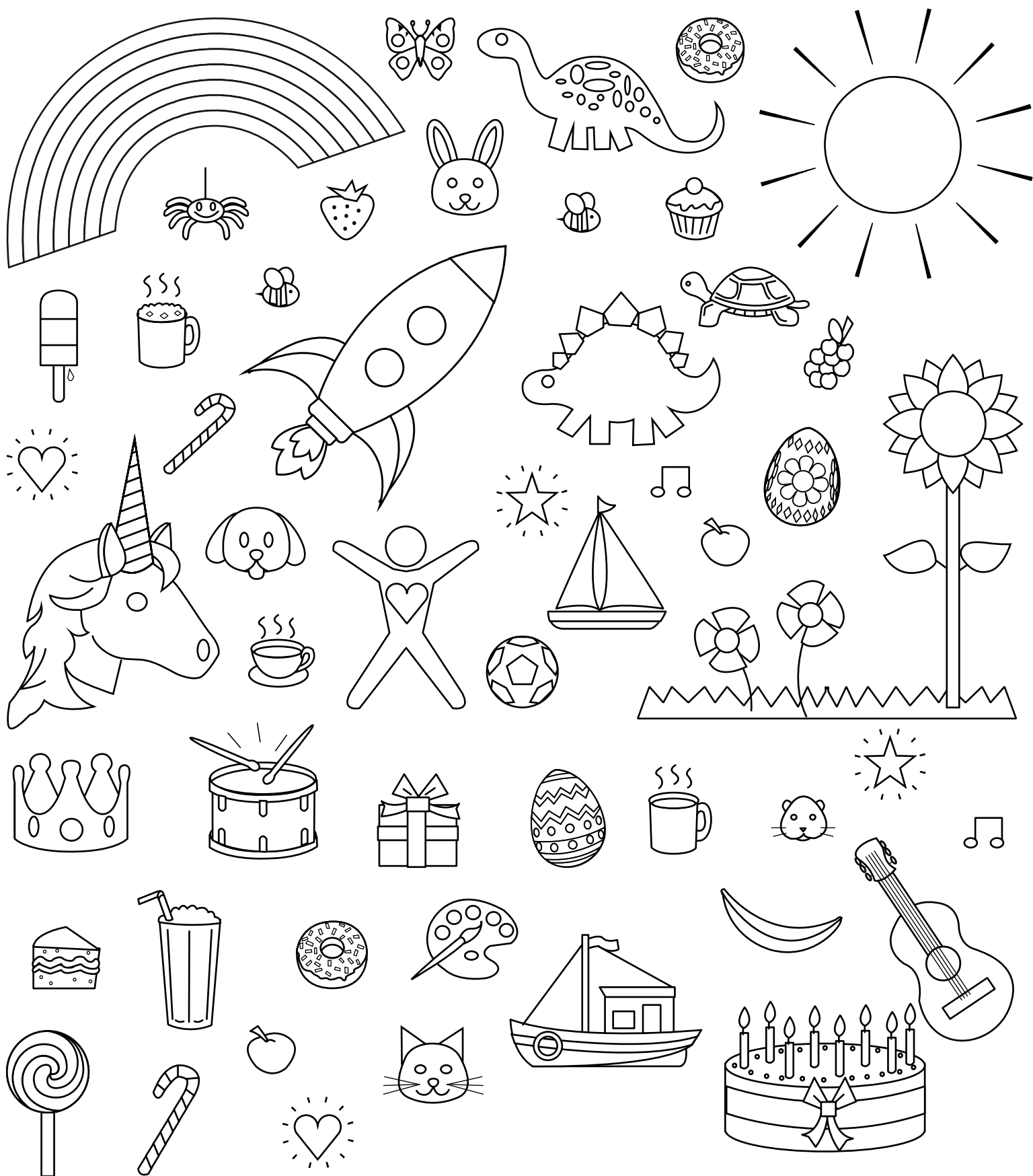
These types of activities might include:

- Colouring books
- Lego
- Jigsaws
- Playing cards
- Drawing materials
- Jewellery making activities



Can you think of any more ideas for activities to help you to feel sleepy?

How about trying out some mindful colouring right now...



How do you feel when colouring? Does it help you to de-stress? Maybe you could include this activity in your relax box?

Good luck with creating your relax box and trying out your relaxing activities to de-stress!