



Relaxation activities



Golden sand

Close your eyes and slowly imagine your body filling up with golden sand.

You might want to think about each part of the body in turn, starting from your toes and working all the way up to your head.



Un-scrunching

Curl up as tight as you can and hold!

Then completely let go and relax.

Repeat 3-5 times.



Petal breathing

Look at your hand. Imagine it is a flower and your fingers are the petals.

As you breathe in, close the petals so they touch and as you breathe out open the petals as wide as you can. Repeat 20-30 times.



Imagination

Use your imagination to create a place of total relaxation!

You might want to use paper or pens or words to create a calm, relaxing place.



The worry tree

Work your way through the worry tree by following the arrows. You could write, think or say your answer.

