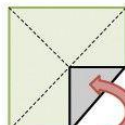
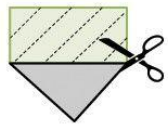
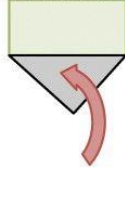
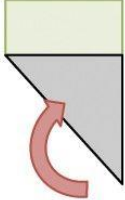


1 x sheet of A4 paper

Fold a corner

Fold the other corner

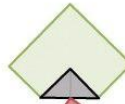
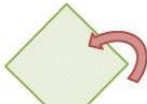
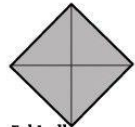
Why not make yourself a chatterbox, this is a great mindfulness activity and fun too!



Cut along the top line

You are left with a square of paper

Fold a corner to the centre



Fold all corners to the centre

Turn over

Fold a corner to the centre



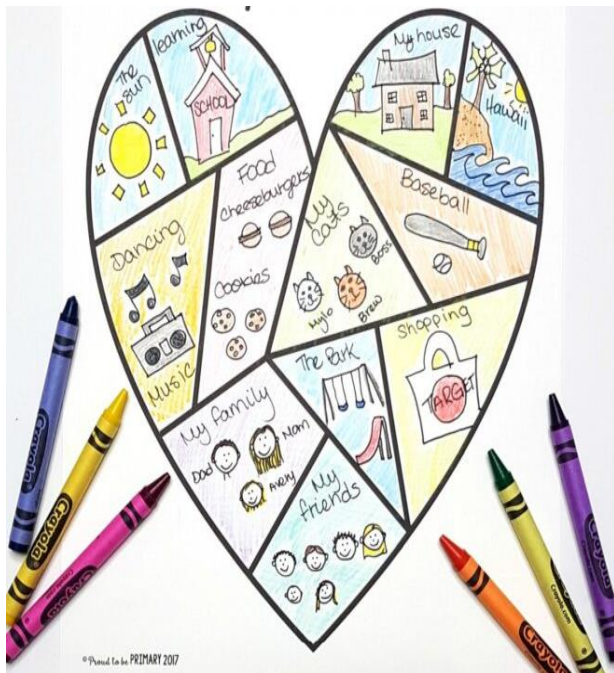
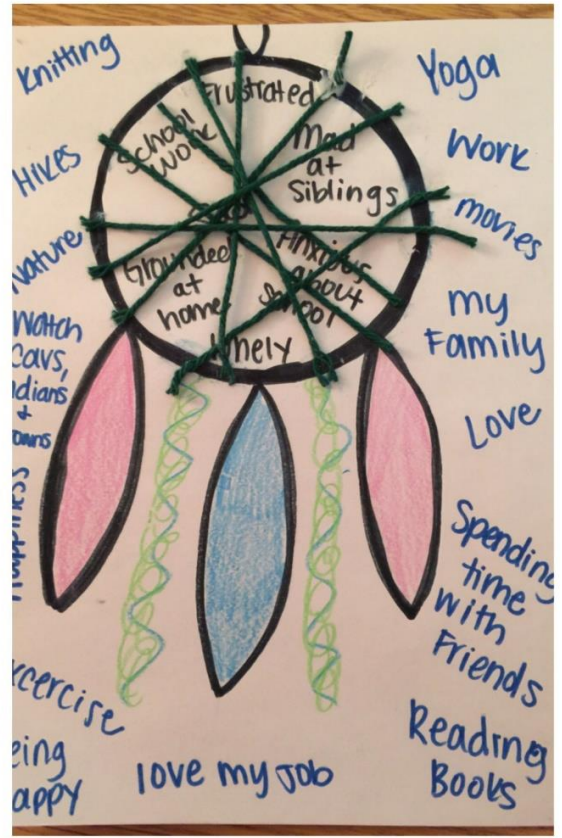
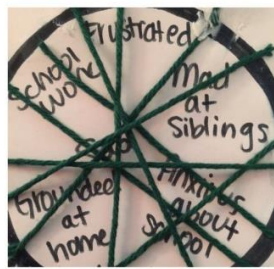
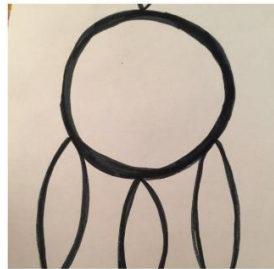
Fold all corners to the centre

Turn over

Insert fingers and play!

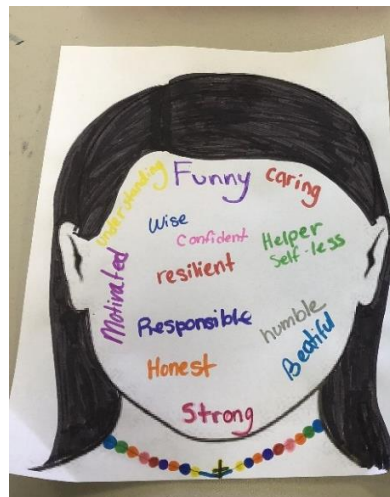


Drawing and art ideas.... make a dream catcher to fill your worries and recognise the important things in your life



HEADSPACE

Fill your heart with all the things you love, or alternatively.... Do a self portrait to recognise all the positive things about yourself.





Do some journaling,
drawing or painting.



Listen to music...
make a new playlist!



Put on some music and
have a dance! Release
some happy endorphins!



Unwind with some
yoga...
Check out yoga for
beginners on YouTube!



Play an instrument
or write a song.



Relax and read a book



Play a game online with friends