



Practice Bubble Breathing



Do some colouring or drawing



Pop some Bubble wrap.



Listen to some music



Make a feelings playlist



Find something to fidget with



Phone a friend



Smell some Lavender



Really listen to the rain



Do some meditation on the  
Headspace app



Look at some happy photos



Spend some time outside



Talk to someone you trust



Cuddles



Balance your thoughts



Watch something funny



Write it down



Use a useful phone app





Fill in your mood diary



Do some baking



Do some exercise and  
release some endorphins



Do some balloon breathing



Use your senses to relax



**MR. HAPPY**

Read your happy list



Knot some ribbon



Read letters or messages  
from people who care



Do some musical drawing

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