



# Soothing activities to relax, reset or clear your mind

One of the best ways to relax and reset is to do something you enjoy and find easy. Create your own list of mind-clearing pastimes and have it at the ready. Here's a list for inspiration:

## Ready to get started?

- 1 Cut out each piece of paper and put them into a jar.
- 2 Then, pick one to do at random!

Watch a TV programme

Colour in a colouring book

Play with your pet

Bake cookies

Have a dance party

Go for a walk

Lip sync to your favourite song

Listen to an app with soothing sounds

Call someone who makes you laugh

Draw or trace a picture

Play a game

Read a book

Watch animal videos

Edit the photos on your phone

Meditate

Do some chores

Practise gratitude

Play your favourite sport

Do a puzzle

(Fill in the blank space)

(Fill in the blank space)