



Hug a cuddly toy



Do a puzzle



Cook something that you enjoy eating



Play a computer game



Try some yoga poses



Paint a picture



Write down your feelings



Draw a picture



10 side bends



Do some crafting and make something



Imagine your superpowers



Breathe



Play on your scooter or bike



Play with toys



Plant something and watch it grow



Play an instrument



Brain Breaks



Do some stretches



Jump up and down 10 times



Take notice of nature and look at it mindfully



Do a silly dance and enjoy yourself



Take notice of things around you



Throw and catch a ball



Run, run as fast as you can



Find the lyrics to your favourite song and sing it



Have a snack and enjoy eating your food



Have a nap and relax your mind and body



Spend time with friends



Read a book and lose yourself in story



Build with bricks



Take your dog for a walk