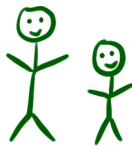


Family Activities

1. Pass a ball back and forth



2. Take a walk together (around the room)



3. Tell a joke, be silly, and laugh together



4. Hum a favorite tune



5. Complete a yoga pose

Plank



Tree



Triangle

6. Draw a picture together



7. Hold hands and count to 20



8. Drum to the same beat on the floor



9. Close your eyes and focus on your inner self

Focus on Inner Self: Imagine you are going deep inside yourself to a special safe place that you have created. Think about what your safe place looks like: is there a house, trees, water. Focus on the soothing sounds in your special place. Imagine receiving comfort and strength in your special place. Remember your special safe place is always inside you and you can visit it whenever you need to.



10. Practice slow and deep breathing

Take a slow deep breath in through your nose, imagine your lungs filling fully with air, slowly blow the air out through your mouth. As you breathe out, imagine you are trying to blow a big bubble in a bubble wand. Breathe out nice and slow so the bubble fills with air. Do this three times.



11. Make and eat a snack together



12. Perform a muscle relaxation visualization

Face: close your eyes, scrunch up your forehead, hold for five seconds and release, squeeze eyes tight, hold for five seconds and release, squeeze lips together, hold for five seconds and release, stretch jaw wide by opening mouth for five seconds, imagine all the stress is being release from face, notice how your face feels now.

Body: close your eyes, imagine there is a cool breeze starting at the top of your head, as it slowly moves down your head to your shoulders imagine it is taking all the stress and tension with it and leaving your body cool calm and relaxed, visualize the breeze spreading into your shoulders, lift your shoulders up to your ears and then let them down as the breeze passes, as the breeze moves into your lungs take a deep breath in and let it out slowly, let the breeze move slowly down your legs, imagine your legs and feet want to dance in the breeze, let them wiggle a little, as the breeze moves through your feet, notice how your body feels now.

