

# WITH ME IN MIND

## Low Mood

### Creative activities

1. Colour or draw Zentangles or Mandalas.
2. Draw, paint, or craft.
3. Start a gratitude diary- each day write down one think you are thankful for today and positive thing you have done today/plan to do.
4. Write a collaborative story.
5. Have a go at junk modelling- Instead of throwing away plastic containers or cardboard, why not make something for fun or that might be useful.
6. Make a table hammock. (This is for young children. See Pinterest for more information).
7. Make an activity spinner to get you motivated (use Pinterest for ideas).
8. Fix or mend something in your home.
9. Have a wacky photoshoot.
10. Make a family video.
11. Make a tree or leaf rubbing.
12. Do some bubble art.
13. Make an inspiration collage.
14. Makes a dream catcher- Pinterest has great ideas and inspiration.
15. Write poetry.
16. Journal.
17. Make your own slime.
18. Drink warm beverages.
19. Listen to an audiobook.
20. Make ty-dye t-shirts.



### Relaxation activities

1. Meditation, contemplation and relaxation- use the Calm app or Headspace app to help this.
2. Mindfulness colouring- There are lots of free printable sheets available online.
3. Create a 20 minute calming and relaxing playlist and then find a quiet space listen to it.
4. A DIY spa day at home- face masks, a bath, a bath bomb, body scrub, spa music.
5. Have a bath or a shower.
6. Unplug and read a book.
7. Do yoga.
8. Meditate.
9. Paint your nails.
10. Diffuse essential oils.
11. Brush and/or braid each other's hair.
12. Listen to the rain.
13. Watch a lava lamp.
14. Call or FaceTime with family or friends.
15. Spend time with your pets.
16. Sit outside to do an activity.
17. Freeze grapes and eat them.