

PLAY CARDS



SAVASANA

**Lay on your back with your
palms facing up. Let your
legs fall gently to the side.
Close your eyes. Try to focus**

**all of your thoughts on your
breathing. Breathe deeply.**

READ...

A COUPLE OF PAGES FROM **'THE BOOK OF AWESOME'** OR A MAGAZINE OF YOUR CHOICE!



LISTEN TO MUSIC

**Put your ear phones in and
RELAX in a comfortable
position OR DANCE to your
favourite tune.**



PLAY A GAME



FEEL GRATEFUL

**Think of all the things in your life that
you are grateful for... the sun, the
snow, your amazing friends and
family... 😊**

Write it all down!

SWEAT IT OUT

**Choose an exercise and do it
for 30 seconds and then
switch to another! Take out
your stress through exercise!**



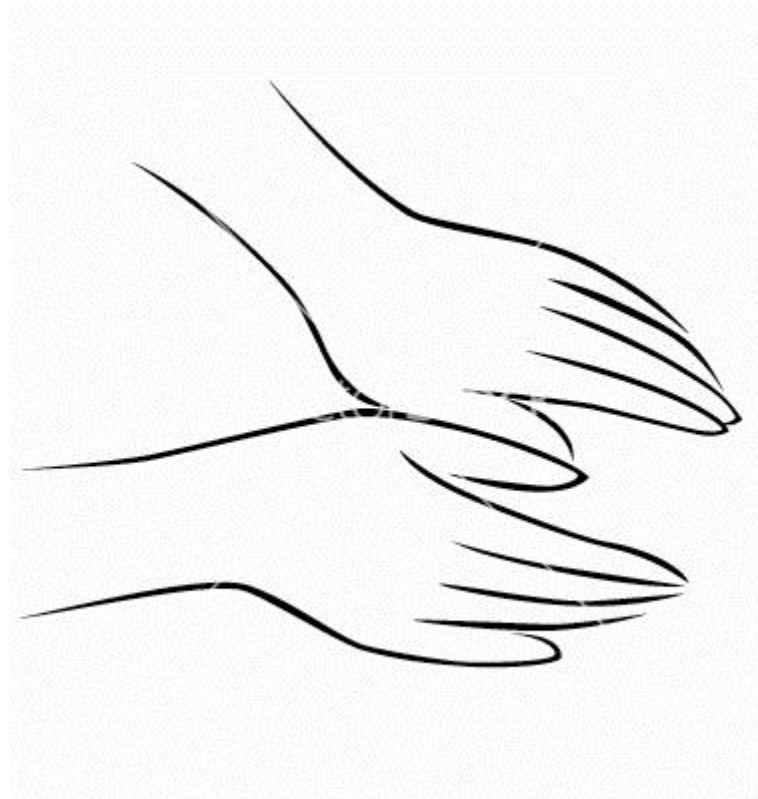
WRITE IT DOWN



**What do you want to
accomplish today?**

**Tomorrow? Next week? By
the summer? What's on your
mind? Write it all down!**

LOOSEN UP!
GIVE YOURSELF OR A
PARTNER A MASSAGE!



DO YOGA!

**Choose a pose from the cards
and hold it for 20 seconds.
Find another pose & repeat.**



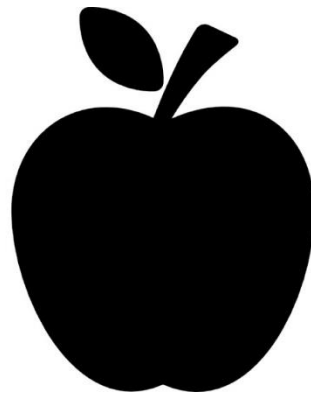
PROGRESSIVE MUSCLE RELAXATION SEQUENCE

Lay on your back with palms facing up. Work through the list below by contracting each body part for a count of 10 and then relaxing it for a count of 10.

- **Face**
- **Shoulders**
- **Chest**
- **Back**
- **Arms**
- **Hands**
- **Stomach**
- **Hips and buttocks**
- **Thighs**
- **Calves**
- **Feet**
- **Whole body**

EAT SOMETHING HEALTHY...

**Did you know that the food we eat has
a direct effect on our
mental/emotional health?**



**TALK WITH A
FRIEND...**

STATIONS

Order	Station	Equipment Required
1	Play Cards	Cards Table and Chair
2	Savasana	Yoga matt Blind Fold
3	Read	Book of Awesome Comfy chairs Magazines
4	Listen to Music	Music Player
5	Play a Game	Banana Grams, Apples, Jenga etc
6	Feel Grateful	Grateful Sheets Pens
7	Sweat it out	Exercise Cards
8	Write it down	Lined Paper Pens
9	Loosen Up	Massagers
10	Do Yoga	Yoga Matt Yoga Cards
11	Progressive Muscle Relaxation Sequence	Yoga Matt
12	Eat Something Healthy	Healthy Snack
13	Talk with a Friend	Comfy chairs

