

Friends and family

Having fun with your friends and family is one of the very best ways to feel calm and happy. Here are some ideas for things to try.

Collect things around your home that are all the same colour.
How many can you find?



Tell each other silly jokes.



Play 'I spy with my little eye'.



Tap a balloon around to keep it in the air for as long as you can. Don't let it touch the ground!

