

# Relaxing Activities

## Mindful Colouring

Take some time to do some mindful colouring.



## Baking

Bake your favourite treat with someone in your family.



## Reading

Read your favourite book. Make sure to find a quiet corner where you will not get disturbed!



## Yoga

Do some Cosmic Kids yoga! Yoga is a very calming activity.



## Go a walk!

Go for a nice walk with your family. What did you see on your walk?



## Playing with toys!

Play a game with your favourite toys. Play by yourself or with someone in your family.

