



RELAXATION PLAN

INSTRUCTIONS

Think of at least one specific activity you can do for each of the 8 relaxation tips shown here.

TIP	WHAT I CAN DO...
Take a Break	What I like to do during a break is...
Focus on Your Breathing	Some things to remember when mindfully breathing are...
Listen to Music	Music that helps me to relax...
Picture Yourself in a Relaxing Place	A place I find relaxing is...
Try Active Relaxation	Some active things I can do to help me relax are...
Use a Guided Relaxation Exercise	Some guided relaxation exercises I found online are...
Get Creative	My favorite creative activities are...
Spend Time in Nature	My favorite natural places nearby are...