

50 tips for getting through the next 5 minutes

30 mins

KS 2

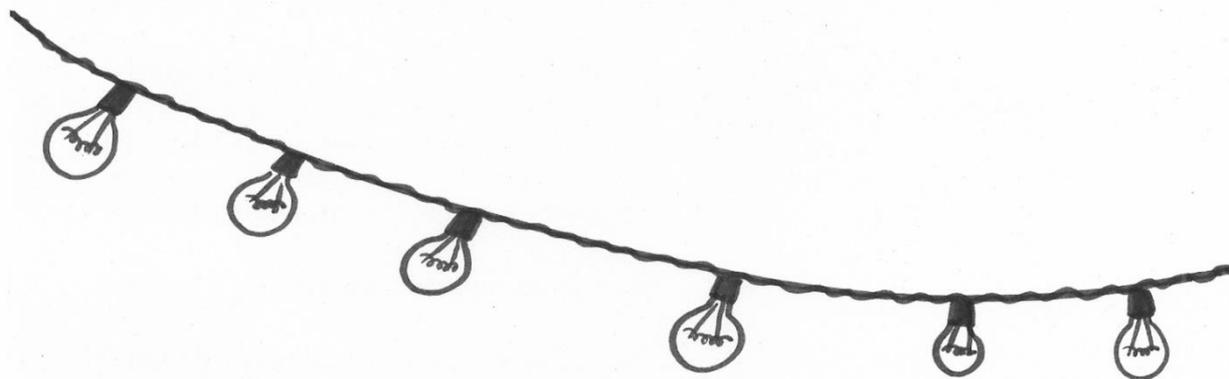
An activity that explores what can help us relax and calm down when we are feeling worried or anxious.

What you need

- Top Tips list

Method

- Divide class into small groups (6/7)
- Give each group a set of top tips and ask them to create a list of 10 top tips using ideas from the list and their own ideas.
- They may want to start by discussing which ideas are best and/or voting for their top 5 by each putting a tick next to their favourites.
- They can then choose how they want to share the top tips. They can make a poster using the tool box template if they like or they can write their favourites on individual cards and placing them in a small box or envelope.
- If they prefer they can also make an individual top tips list or little box/envelope.



Top Tips List

1. Take a hot shower	18. Go for a walk	35. Take pictures
2. Change clothes	19. Get outside	36. Recycle something
3. Take a nap	20. Cloud watch	37. Sort out old toys
4. Have a massage	21. Star gaze	38. Do something kind
5. Find your pulse	22. Go to the beach	39. Write a letter
6. Suck on ice cubes	23. Go swimming	40. Make a present
7. Paint your nails	24. Plan a trip	41. Make a card
8. Get a haircut	25. Hug a friend	42. Learn a new skill
9. Rearrange your room	26. Play with a pet	43. Sort out old clothes
10. Play with playdough	27. Talk to a loved one	44. Exercise
11. Listen to music	28. Phone a friend	45. Make a collage
12. Play with friends	29. Get creative	46. Sing or make music
13. Tell a bad joke	30. Tickle someone	47. Jump on the bed
14. Watch a film or TV	31. Share your worries	48. Dance to music
15. Take a bath	32. Play a game	49. Build a den
16. Read something	33. Make up a story	50. Pick some flowers
17. Do some baking	34. Start a dream diary	