

Stress-Relieving Homeschool



Activities



CHECKLIST



- SHARE FEELINGS
- JOT DOWN HOPES AND DREAMS
- MAKE A GRATITUDE LIST
- PLAY AN INSTRUMENT
- DO YOGA
- MEDITATE
- BREATHING EXERCISES
- COLOUR OR PAINT
- LISTEN TO MUSIC
- HAVE A SILENT DISCO
- HAVE CUDDLES
- READ POSITIVE, INSPIRATIONAL QUOTES

CHECKLIST



- WALK BAREFOOT IN THE GRASS
- DO A PUZZLE
- DO SOMETHING ACTIVE
- GARDENING
- GO FOR A WALK
- DANCE
- BAKE
- KNIT
- READ
- GO CYCLING
- LISTEN TO A PODCAST OR AUDIOBOOK
- WATCH A FILM
- DO A WORDSEARCH
- CREATE A VISION BOARD
- CLOUD WATCHING

CHECKLIST



STARGAZING

HAVE A BATH OR SHOWER

TAKE A NAP

