

Calm Images

Materials: Paper, paint/crayons/markers, paintbrush.

Have the child think about colors and how each one can elicit a reaction. (Keep in mind that not everyone has the same reaction to specific colors.) Have the child choose colors that feel calming/soothing to them and create a picture on a separate piece of paper with those colors to represent the feeling of relaxation.

When the child completes the activity:

- Ask them to describe their image and why it feels relaxing.
- Discuss what activities they do in day-to-day life to elicit relaxation.
- Talk about how they can incorporate more opportunities to relax during their day.
