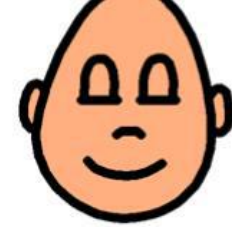


Calming Anxiety Challenges



Choose a challenge each day to complete.

 Wear PJ Bottoms to Work	 re-write a song with new lyrics	 crazy hair	 wear blue today	 wear odd socks	 make funny faces in mirror	 wear pyjamas today
 Dance for 3 minutes 3 times today	 play charades today	 wear something red	 make up your own game	 play rock paper scissor	 wear green today	 try to same your name backwards
 smash ice cubes in the bath	 wear something white	 listen to music	 curl up, then move into a star shape	 make a den	 sing a song	 mix and match your colours

