

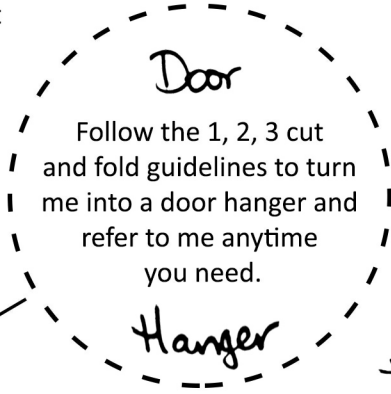
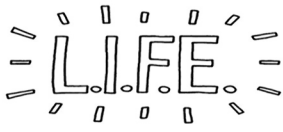
# Hangin' On To You! Activity Sheet

Find yourself trying to hang on this year? Through the ups and downs and all arounds, we created this activity sheet to help you do just that. Treat it like a playground - jump in, have fun and express you...

1. Cut

## Breathe

Breathing is never past or future, only ever here and now.



Lol 😄

Find a joke that makes you laugh out loud and tell it to someone.

Hug

Give yourself a big hug, for all the hugs you've missed this year.



## Good Vibes Meter!

Think over the past year. Draw a line on the graph to visualize your feelings throughout the year. Try streaming it organically. Reflect on result. Are there any surprises?

\*Play tip: Draw up one of these for your end of week or even day, to tune into the kind of affect it had on you!

J F M A M J J A S O N D



2. Fold & Glue

## Move to your groove!

What song do you feel like listening to right now? Put it on and let your body move to it, however it wants to move.

## Colour me in

Bring your own flair by making me colourful!

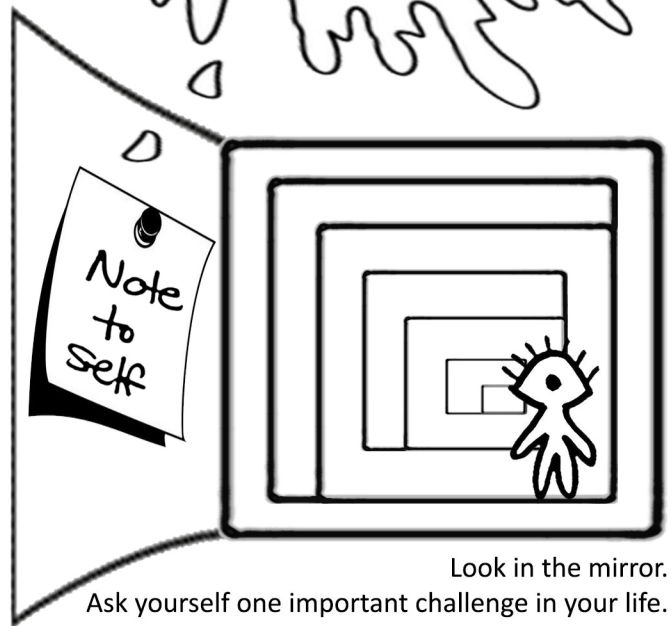
\*Play tip: Afterwards reflect on the song choice, the movement that wanted to come out. How did you feel after?

Splat!

Something miffing you?  
Grab a sponge.  
Fill it with water.  
Think about the annoyance.  
Throw the sponge at a wall or fence.  
Enjoy the SPLAT! release.  
Repeat as needed to release the anger or upset.

\*Play tip: Add colour to the water and get creative with your splats!

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Look in the mirror. Ask yourself one important challenge in your life. What's the dream or aspiration you have in this area? What's holding you back? What energizes you? Write down a helpful note to self.