

Relaxation cards

You can print these images as full posters or just print them as cards using your printer settings.

Great to prompt discussion on different ways to calm down and relax.

This is a **free resource** from ELSA Support. Please do not share with anyone in any format but direct them to the website where they can download their own copy.

Please see the following resources which might be helpful for mindfulness and emotional regulation

[Bee-Linda's Mindfulness workbook and story](#)

[Master your Monsters anxiety booklet](#)

[Anger Lapbook](#)

Photos are from [Pixabay](#)

A close-up photograph of water with numerous small, iridescent blue and white bubbles. The bubbles are densely packed in the lower half of the frame, creating a textured, bubbly appearance. The background is a soft, out-of-focus light blue.

Have a warm, bubbly bath.



Do some yoga!



Hide under the covers.




Smell something lovely, like
chocolate.



Drink a hot chocolate.



Run as fast as you can.

A close-up photograph of a sliced orange, showing its juicy segments and white pith. The orange is the central focus, with several whole oranges blurred in the background. The lighting is warm, highlighting the texture of the fruit.

Squeeze an orange and then release the tension as you stop squeezing.



Run your hands under cold water.



Read a book.



Eat some ice-cream.



Watch the clouds.

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A close-up photograph of a person's hand holding a large, clear bubble. A red, textured ring is attached to the bubble, and a red string is visible inside. The background is a clear blue sky with some green leaves in the upper left corner. The text "Blow bubbles." is overlaid at the bottom in a bold, white font.

Blow bubbles.

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Go for a walk.

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A hand holding a paintbrush dripping with blue paint against a colorful abstract background. The background is a vibrant, multi-colored abstract painting with shades of purple, pink, orange, yellow, and blue. The hand is holding the brush, and the blue paint is dripping down the handle and onto the fingers. The text "Get arty and do some painting." is overlaid on the bottom half of the image.

Get arty and do some painting.



**Have a hug with a friend or
a family member.**



Have a good laugh.



**Listen to the sea using a
Sea shell.**



Sing as loud as you can.



Play an instrument.



**Squish and squash
play dough.**



Close your eyes and dream.



Have a good stretch!



Spend time with friends!



**Watch the leaves falling
From the trees!**



**Imagine you are melting
Like a snowman!**



Play a board game!



Do a complicated jigsaw!



Learn to knit!



Cuddle your teddy!



**Count forwards to 10 or
Backwards from 10!**



**Walk in the rain and
Splash in puddles!**

A misty forest scene with sunlight filtering through the trees, creating a serene and safe atmosphere. The ground is covered in a light layer of snow or frost, and the trees are mostly bare, with some showing autumnal colors. The overall mood is peaceful and calming.

Imagine your safe place!



**Write it down and let it
out!**



**Wrap yourself in a
blanket.**



**Find a dandelion clock
and blow the seeds away.**



Connect with nature.



Take a nap.



Stroke your pet.



Dance!



Let the worries go!