

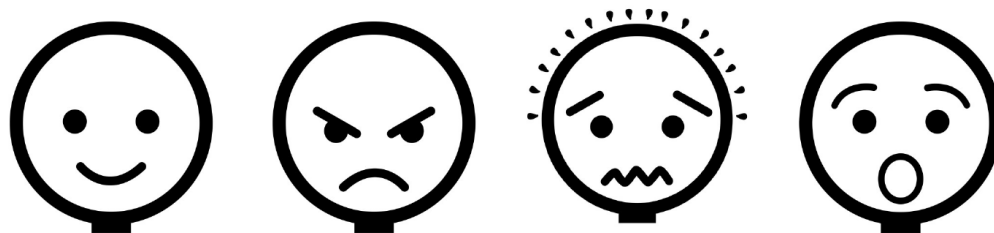


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# Emotional Wellbeing

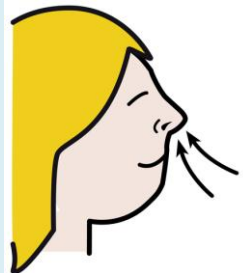
## Things to do to relax



Autor pictogramas: Sergio Palao Procedencia: ARASAAC



**Breath slowly**



**Count numbers**

**1 2 3**

**Listen to music**

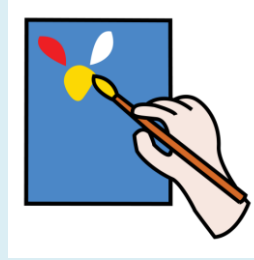


**To do stretches**

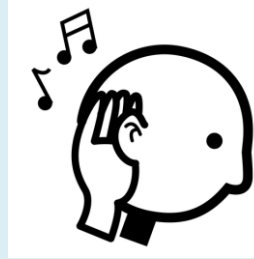




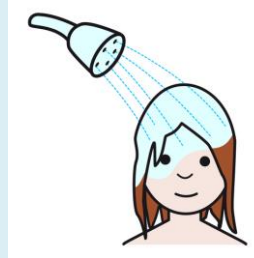
**Paint**



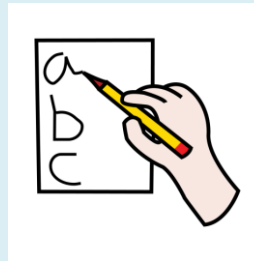
**Listen to relaxation exercises**



**Take a shower**

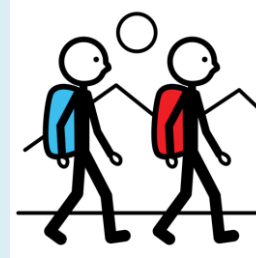


**To write a diary**

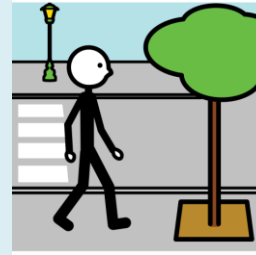




**Go hiking**



**Take a walk**



**Go for a run**



**Play music**

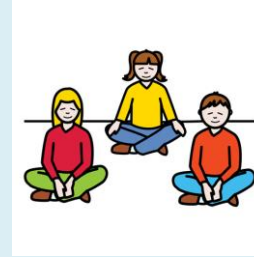




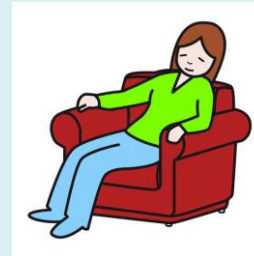
**To stroke a pet**



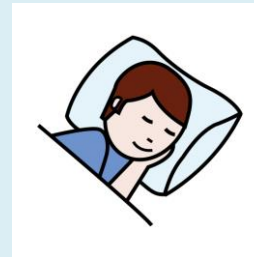
**To meditate**



**To rest**

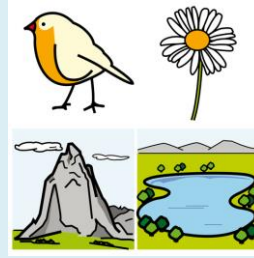


**To sleep**





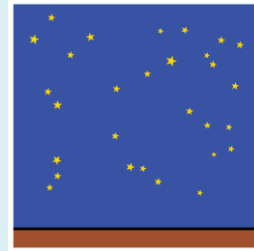
**To observe nature**



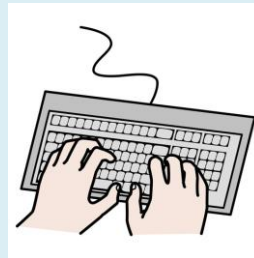
**To observe the clouds**



**To observe the stars**



**To write a letter or email**





**To call a friend**



**Participate in social good actions**



**To ride a bike**

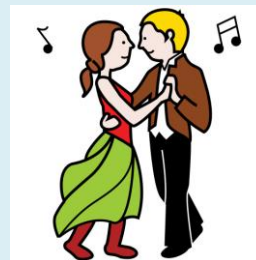


**To read**

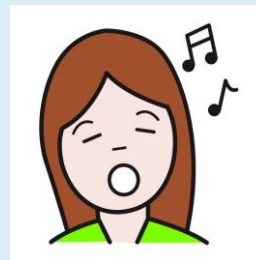




**To dance**



**To sing**



**To take a relaxing drink**



**To smell a relaxing aroma**

