

**PUNGGOL COVE PRIMARY SCHOOL
PE & AESTHETICS DEPARTMENT
HOME-BASED LEARNING ACTIVITY**

RELAXATION ACTIVITIES

You can choose any of the following relaxation methods and do it for 10min.

Visualisation

1. Sit or lie down comfortable.
2. Close your eyes.
3. Breathe slowly with deep breaths for about 10 times.
4. Think about a happy time, either when you were alone or with someone.
5. See in your mind's eyes, what happened during that happy time:
 - a. Where were you?
 - b. What were you wearing?
 - c. What were you doing?
 - d. What were you saying?
 - e. What did you see?
 - f. What did you smell?
 - g. What did you hear?
 - h. How were you feeling?
6. Continue taking deep and slow breaths while thinking about the happy time for 10min.

Art

1. Think of all your favourite food, drink, activity, cartoon characters, etc.
2. Draw a page full of all your favourite things.
3. Put your drawing up where you can see it.

Music

1. Listen to your favourite music which makes you happy.
2. If you are not sure what your favourite music is, try listening to different radio channels to find which one you like best. Examples of radio channels are:

One FM 91.3	Gold 905FM	Kiss 92FM	Symphony 92.4FM	Class 95FM	Power 98FM	987FM
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Be a Help

1. Ask the adult at home if you can help to prepare lunch or dinner.
2. Volunteer to complete one household chore like folding clothes or sweeping your own room.

Play! Play! Play!

Take out your favourite toys, preferably not powered by electricity,
and play for 10min.