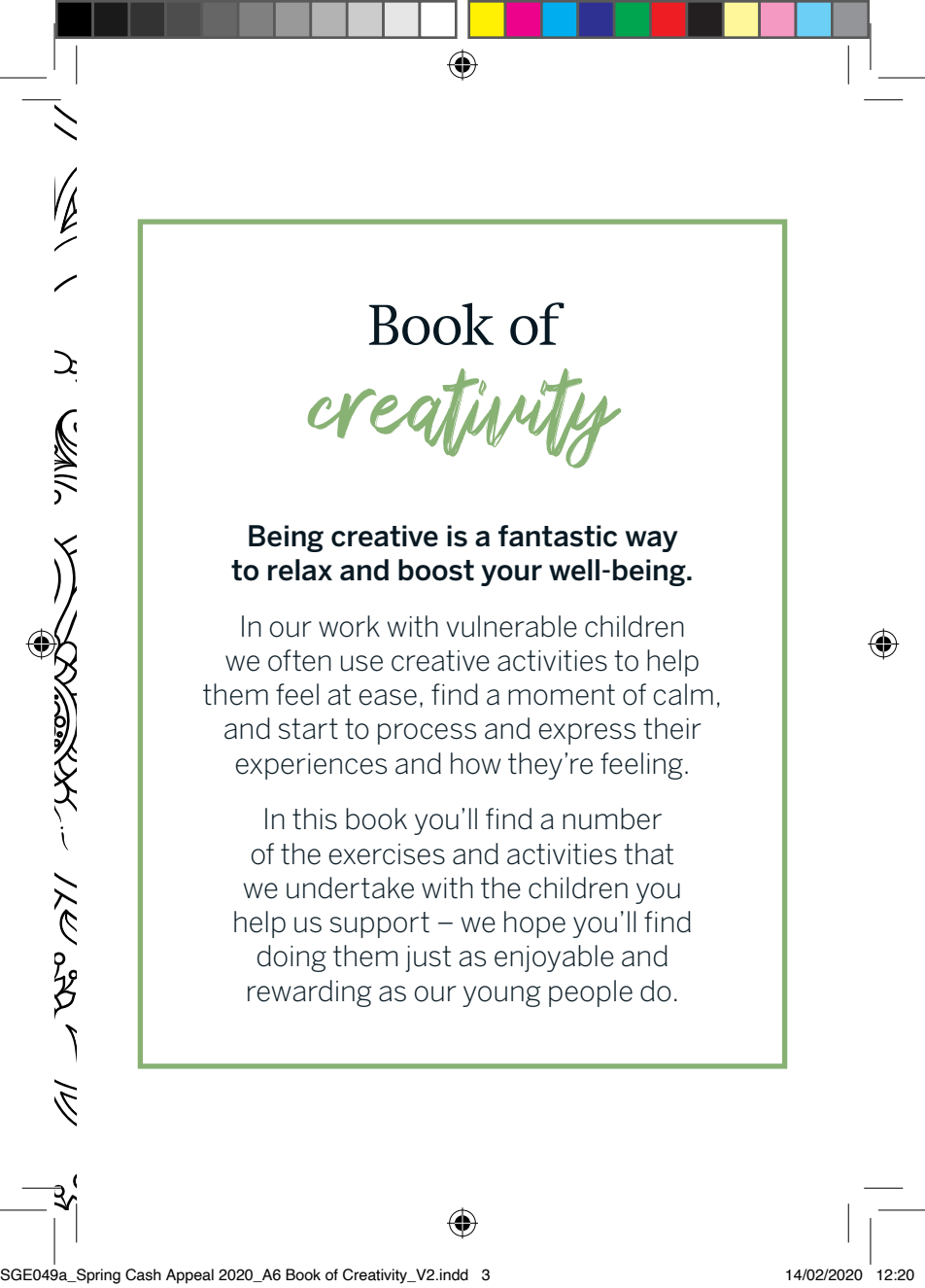




Book of  
*creativity*

The  
Children's  
Society





# Book of *creativity*

**Being creative is a fantastic way  
to relax and boost your well-being.**

In our work with vulnerable children we often use creative activities to help them feel at ease, find a moment of calm, and start to process and express their experiences and how they're feeling.

In this book you'll find a number of the exercises and activities that we undertake with the children you help us support – we hope you'll find doing them just as enjoyable and rewarding as our young people do.



# Mindful colouring





Working with your hands is one of  
the best ways to soothe anxiety  
and eliminate stress.





# Things that *calm me*

1.

2.

3.

4.

5.





Write down 10 things that make you feel calm. Try to make sure you do at least one thing every day.



6.

7.

8.

9.

10.

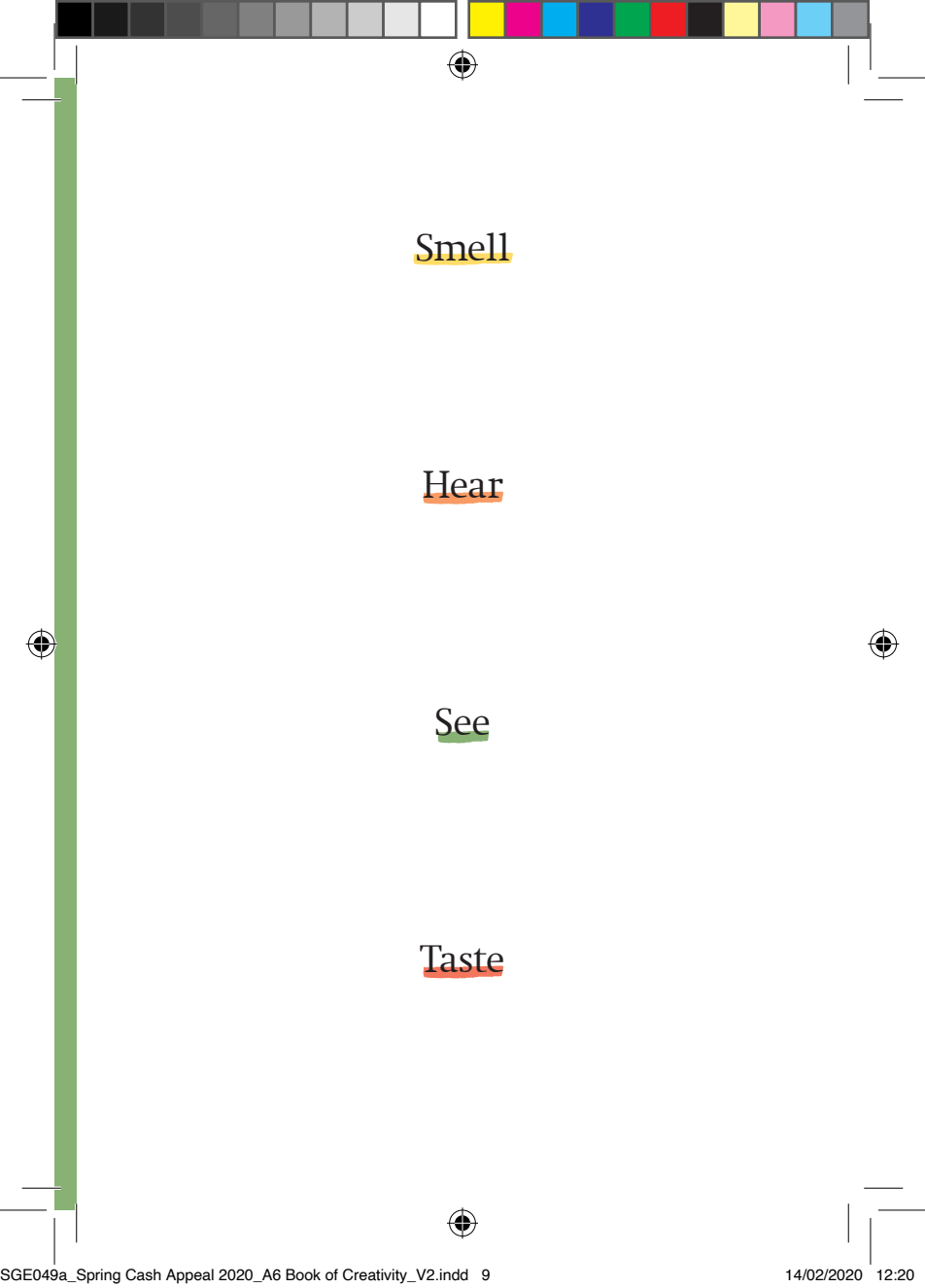




Place your feet onto the floor and imagine they are rooted. Now list one thing you can smell, one thing you can hear, one thing you can see, one thing you can taste.

Repeat this until you have run out of things to observe.





Smell

Hear

See

Taste



Write a *poem*

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Try writing a poem or  
story, or draw something  
you are passionate about.





A doodle





Just doodle whatever  
comes into your mind.





Safe *place*





Describe the place you feel  
most relaxed, close your eyes  
and imagine you are there. What  
can you see, hear and smell?





Sit in a  
comfortable position.

Breathe in through  
your nose. Let your  
belly fill with air.

Breathe out  
through your nose.

Place one hand  
on your belly.  
Place the other  
hand on your chest.



As you breathe in,  
feel your belly rise.  
As you breathe out,  
feel your belly lower.  
The hand on your  
belly should move more  
than the one that's  
on your chest.

Take three more full,  
deep breaths. Breathe  
fully into your belly as  
it rises and falls with  
your breath.





Write a *letter*

Dear

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Write a letter to your  
younger or future self.



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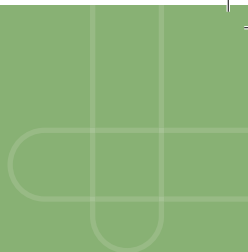
# Complete a *wordsearch*

m	z	x	e	e	c	a	e	p
e	s	s	v	b	r	e	a	t
d	c	e	v	k	e	i	o	i
i	g	r	n	k	n	o	o	f
t	c	e	g	n	e	h	r	g
a	r	n	s	g	w	q	x	h
t	l	i	m	d	a	w	a	r
e	e	t	l	y	l	c	f	x
c	e	y	a	f	y	g	s	s
y	f	o	c	u	s	g	d	y
j	w	c	y	i	y	z	q	r
c	g	n	i	e	b	y	b	a





Take your time to find the words in the wordsearch below. It will help sharpen and focus your mind.



o	q	t	s	e	r
h	u	k	a	k	e
v	i	y	t	y	l
b	e	a	t	w	a
o	t	s	e	s	x
h	o	k	n	x	o
e	f	k	t	c	s
g	y	n	i	v	y
f	r	s	o	r	f
u	y	o	n	e	y
e	f	l	e	c	t
l	a	n	c	e	o

**breath  
renewal  
aware  
attention  
being  
feel  
focus  
balance  
calm  
meditate  
peace  
quiet  
reflect  
relax  
rest  
serenity**









The Children's Society and our supporters have been there for vulnerable children and young people for more than 130 years.

**We believe that every young person should have the support they need in order to enjoy a safe, happy childhood.**

That's why we run services and campaigns to make children's lives better and change the systems that are placing them in danger.

**Together with our supporters, we're improving the lives of children today and long into the future.**

To find out more about Alice and our work, visit **[childrenssociety.org.uk/Alice](https://childrenssociety.org.uk/Alice)**