

Created by:
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Creative Calm throughout Coronavirus 
East London
NHS Foundation Trust



I am grateful

We can be grateful for anything, even things that seem quite small.
Each day try to think of 3 things you are grateful for.

Today I am grateful for-

1. _____
2. _____
3. _____
- _____

Today I am grateful for-

1. _____
2. _____
3. _____
- _____

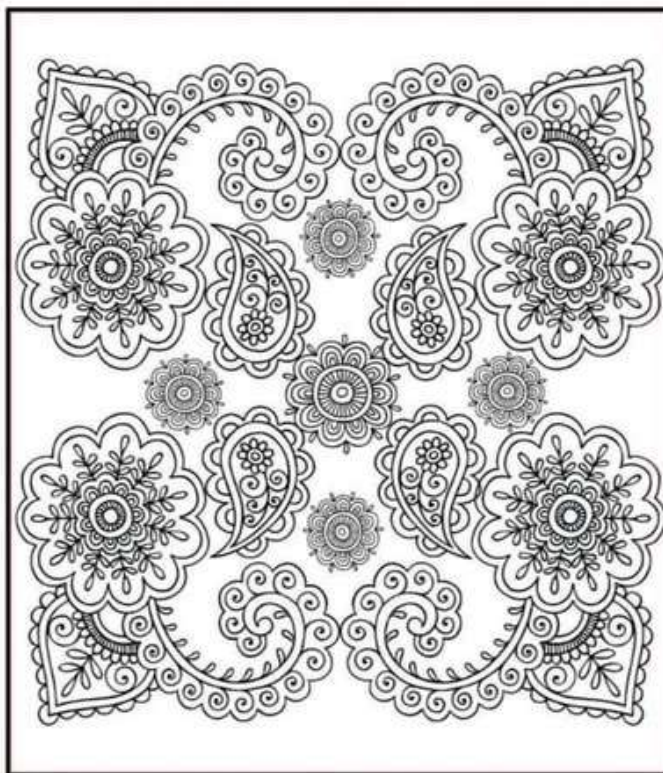
Today I am grateful for-

1. _____
2. _____
3. _____
- _____

Today I am grateful for-

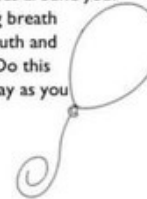
1. _____
2. _____
3. _____
- _____

Colour me in



Time to breathe

Balloon Breathing – Sit down comfortably, and place your hands around your mouth as though you are about to blow up a balloon. Take a big breath in through your nose, and then push the air slowly out your mouth and spread your hands as though you are blowing up your balloon. Do this over again until your balloon is as big as can be. Then, gently sway as you release your balloon up into the sky.

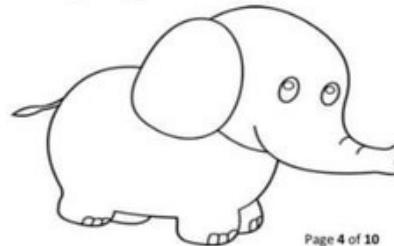


Tummy Breathing - Lie on the floor and place a little teddy (or something else small) on your tummy. Breathe in deeply through your nose and feel your little teddy rise, and then feel it lower as you slowly breathe out through your mouth. Rock your little teddy to sleep using the rise and fall of your stomach.



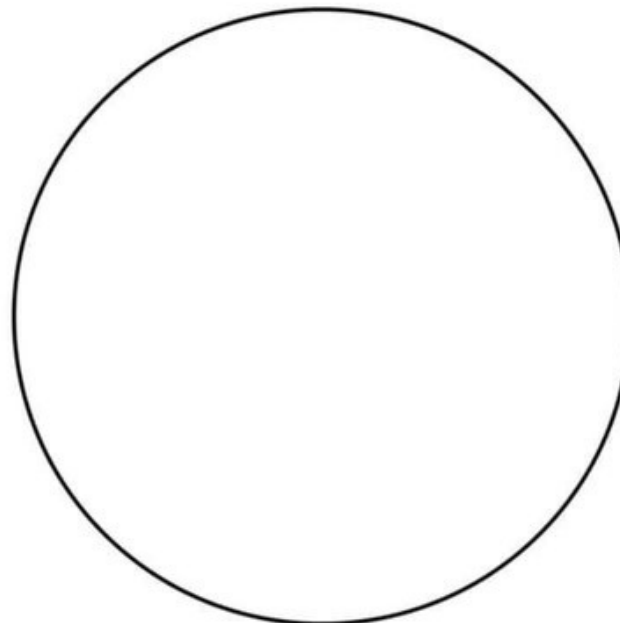
Bumblebee Breathing - Sit down comfortably, and gently place one finger tip in each ear, and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.

Elephant Breathing - Stand up with your feet wide apart and dangle your arms in front of you like an elephant's trunk. Breathe in deeply through your nose and raise your arms up as high as they can go. Breathe out through your mouth and slowly swing your arms down; you could even make an elephant trumpet noise!



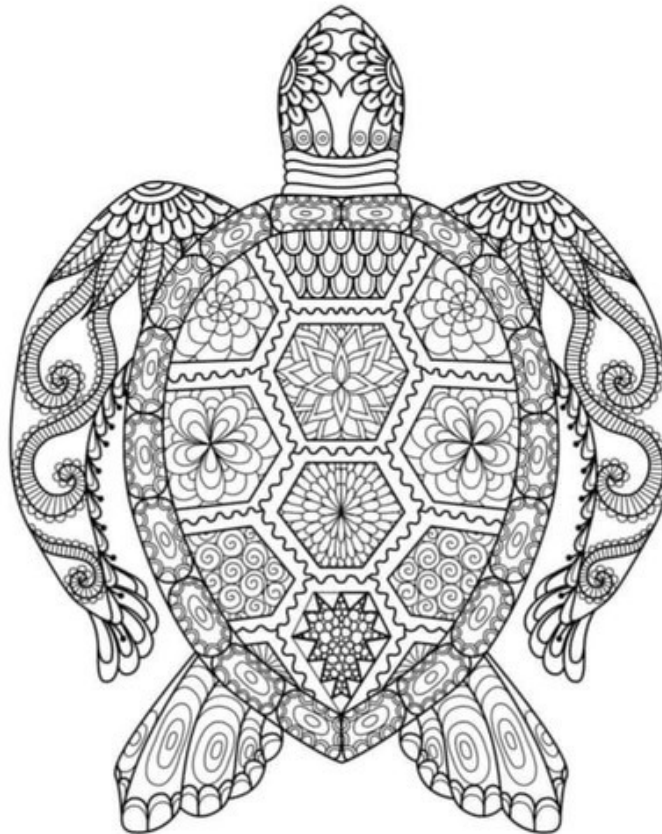
Create something

Draw, scribble, or write anything that comes to mind.



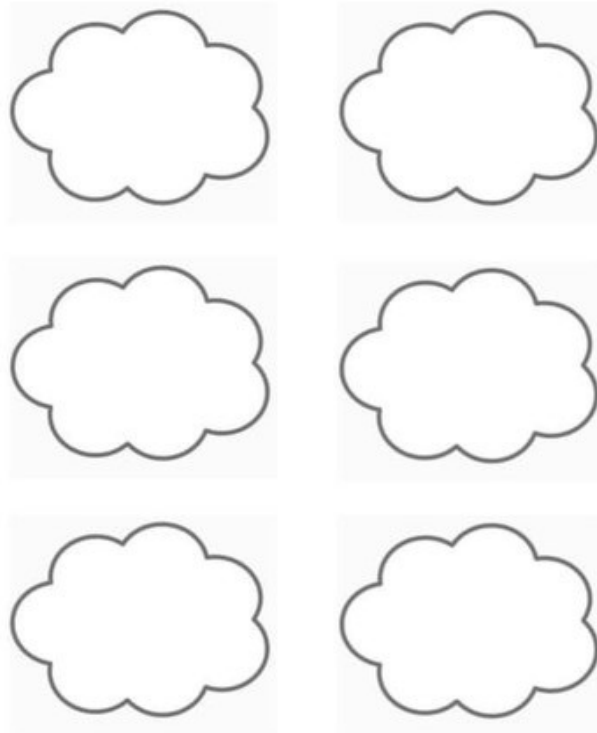
My creation is titled:

Colour me in



My Thought Clouds

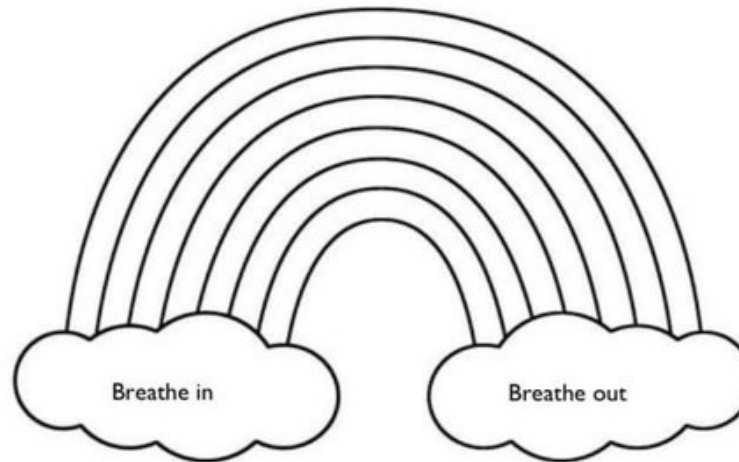
Get yourself comfortable, and focus on your breathing. When you notice a thought pop into your head, write it on a cloud and let it float away.



My Comic Strip

1.	2.
3.	4.
5.	6.
7.	8.

My Grounding Rainbow



Trace your rainbow with your finger while breathing in and out, then colour in your rainbow.

Other ways to create calm

Make some noise

Think of a song you haven't heard for a while- sing, hum or whistle it to yourself, with a soundtrack or without!

Get in touch with nature
Notice something amazing about nature- look out your window, open your door, or go for a walk if you can.

Notice your surroundings
Feel your feet upon the floor and your back against your chair, try to touch as many things in the room with as many parts of your body as you can.

Create a dish
Make a meal or snack using any bits you find in your house- then name your creation!

Think of some ideas of your own...