

Activity Book

Moments of Calm
Fun & Mindful Activities for All Ages



Created by Alli Parry
Immediate Support Coordinator

Hello!

My name is George!



I'm your friendly elephant companion, here to help you and your family find calm, comfort, and connection – especially during difficult times.

Elephants are known for their **BIG** hearts and strong memories.

That's why I'm here – to remind you that it's okay to feel all kinds of emotions, and that remembering loved ones is a special part of healing.

Whether you're feeling sad, overwhelmed, or just need a moment to pause, this booklet is full of gentle activities to help you:

- **Feel calm and safe**
- **Talk about your feelings**
- **Remember someone special**
- **Spend peaceful time together as a family**

This activity book was created with love by people who understand how important it is to have support when you need it most.

You can use it anytime - there's no right or wrong way.

**Let's take this journey together.
I'll be with you every step of the way.**

What's Inside – Pick What Feels Right Today

George's Messages – Little notes of encouragement

Boggle & Noggle – Word & number fun to stretch your brain

Doodle Space – Draw your feelings or just scribble!

Affirmation Station – Words to lift your heart

Tongue Twisters – Silly fun to make you smile

Memory Moments – Remember someone special

Calm Colouring – Relax with gentle patterns

Write It Out – A space to journal or jot thoughts

Mindful Moves – Gentle activities to reset your body

George's Messages



Little notes of encouragement

Some days are
hard, and that's
okay.

Take one small
step at a time.



You can ask for
help any time.

Memories can be
hugs for the
heart.

Boggle



Word fun to stretch your brain

O	S	E
F	B	H
L	K	O

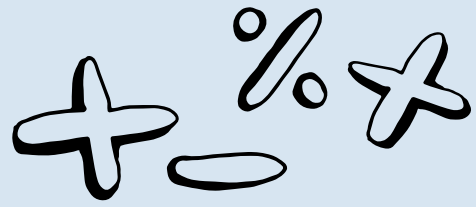
How to play

- Find as many words as you can
- Each letter must only be used once per word
- Words must be at least 3 letters long

Write your words on the notepads below!



Noggle



Number fun to stretch your brain

Target number - 100

5	10	13
3	12	8
1	4	2

How to play

- Connect numbers to equal the target number
- Each number can only be used once per equation.
- You can use 2 or more numbers.
- Use any operations allowed

Write your equations on the notepads below!

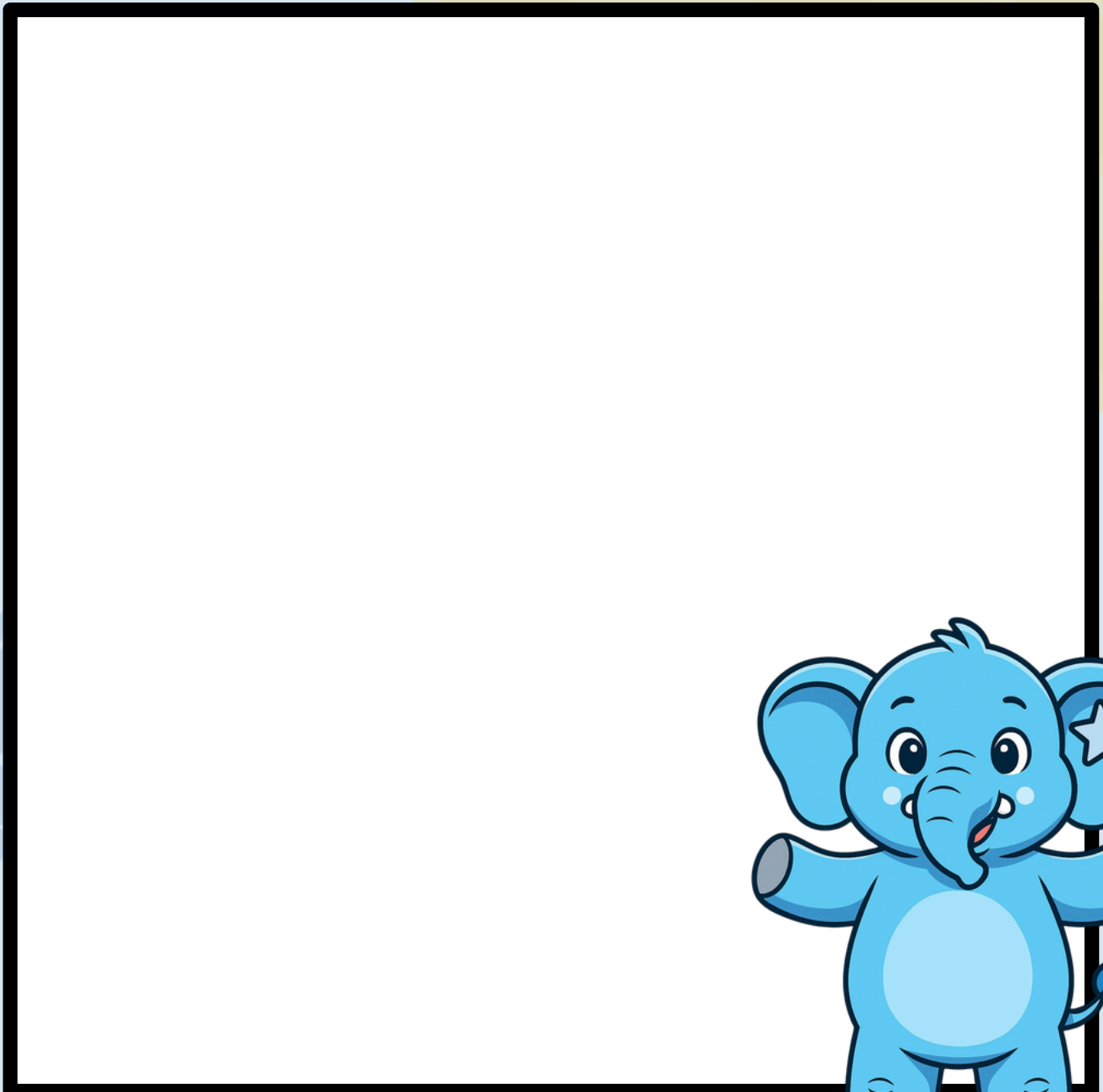


Doodle Space

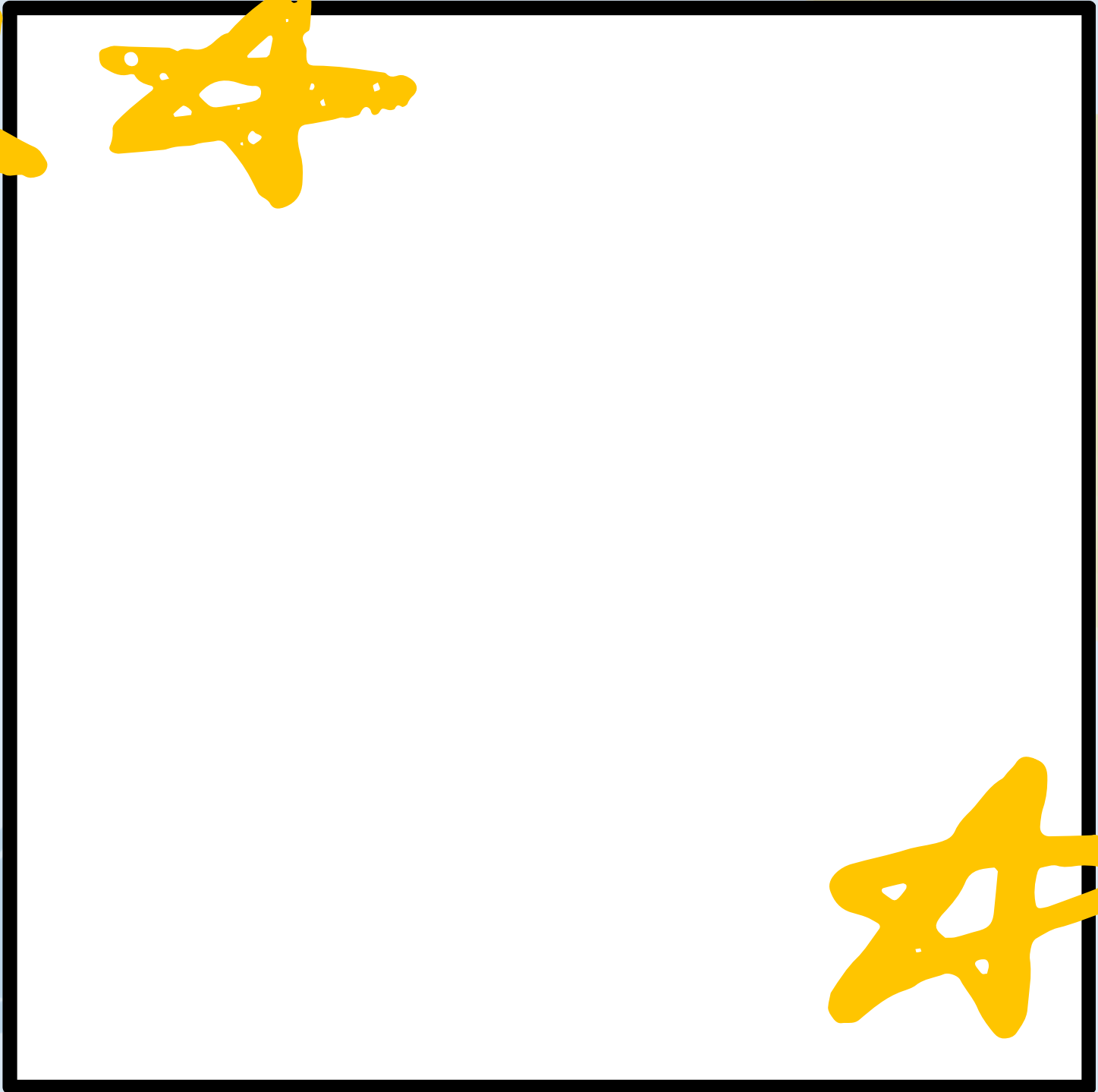


Draw your feelings or just scribble!

**A gentle place where feelings can be explored through art, words,
and imagination.**



Remember: You are not alone. You are loved. And it's okay to feel whatever you're feeling.



Affirmation



Words to lift your heart

Station



I can ask for help when I need it, and that's brave.

I'm surrounded by people who care.

I can remember them in my own special way.

I'm allowed to take my time to heal.

It's okay to feel all kinds of feelings – even all at once.

I am allowed to take breaks and rest when I need to.

Tongue

Silly fun to make
you smile

Twisters

Bobby bakes big batches of
blueberry biscuits before
breakfast.

Wiggly worms wiggle
wildly while whistling.

Ten tiny turtles tiptoed
through tangled tulip
trails,

trying to teach tap dance
to two tired tiger snails.

Chubby chickens chuckle
cheerfully while chewing
chocolate chips.

Pirate Pete picked a pile of
purple pickled peppers.



How quickly can
you say them?

Can you write any
of your own?



Memory Moments



My special memories with

One thing we loved doing together was...

Stick a photograph or draw a picture here

A funny moment I'll never forget is...

They always made me smile when...



How I Feel & What Helps Me



Feelings Cloud

A space to write or draw my feelings (e.g. sad, confused, loved)

Comfort Corner

When I miss them, I like to...

e.g. talk to someone
hug a teddy
listen to music

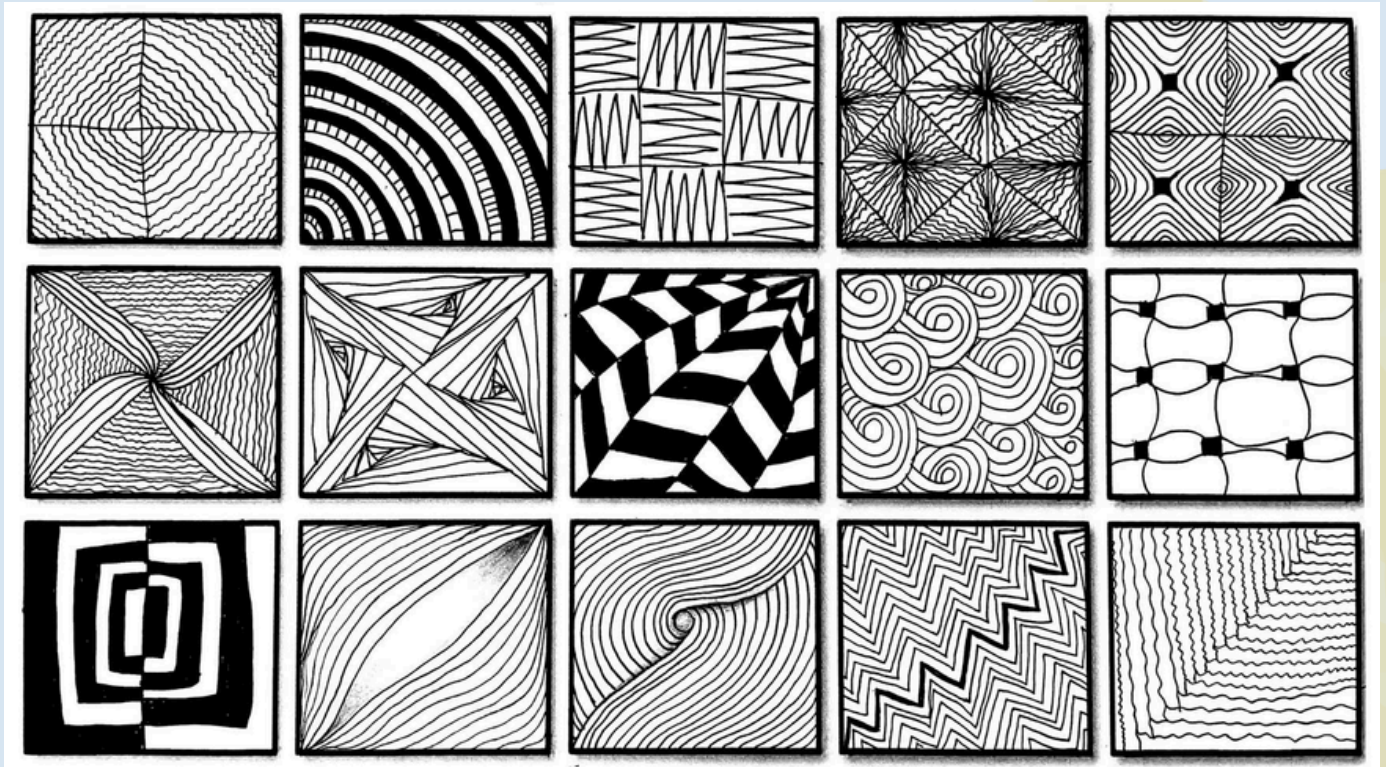
Someone who helps me feel better is...



Calm Colouring



Relax with gentle patterns



Can you create your own patterns?

Focus on your breathing.

Inhale for 3... exhale for 4...

Repeat as many times as you need.

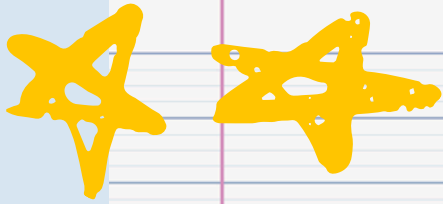
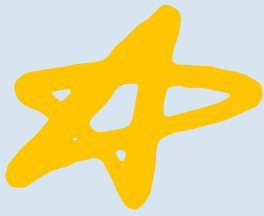


Write it out



A safe space to journal and to write down your thoughts

A large, white, lined page designed for journaling. The page has horizontal blue lines and a vertical pink margin line on the left side. It is decorated with yellow star stickers: one at the top left, two below it, one at the bottom right, and two below it. The page is set against a light blue background with faint, stylized illustrations of a pencil and a paper airplane.



A large sheet of white lined paper with a vertical red margin line on the left side, intended for writing.

You can write anything here.



No matter how big or small it may seem.

Mindful Moves



Gentle activities to reset your body

Shoulder Cloud Lift

- Lift shoulders up to your ears like you're holding fluffy clouds
- Hold for 2 seconds
- Slowly drop them down
- Try 3 times

Press & Release

- Scrunch your fists as tight as you can
- Hold for 3 seconds
- Let go!
- Notice how your hands feel after
- Repeat 3-4 times

Elephant Belly Breathing

- Put one hand on your tummy
- Breathe in through your nose
- Feel your tummy rise like a balloon
- Breathe out slowly through your mouth
- Try 5 slow breaths

Starfish Stretch

- Stretch arms and legs wide like a starfish
- Take one slow breath in
- Relax your body back down
- Repeat 2-3 times

If these moves don't help today, that's okay!

Your body is doing its best.

You can try again another time.

