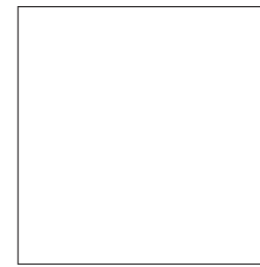


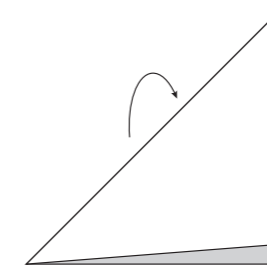
Take a break pocket aid

Feeling a little stressed? Think you might need a break? Use our brilliant but simple 'take a break pocket aid' to give yourself a random activity you can use to relax and recover. Simply use the guide provided to make your paper pocket aid, then give it a spin and see what happens. Enjoy!

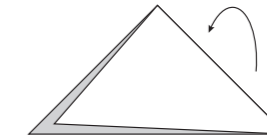
Cut out your activity generator and use the instructions below to bring it to life.



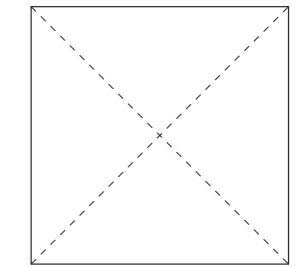
1. Cut out your square piece of paper



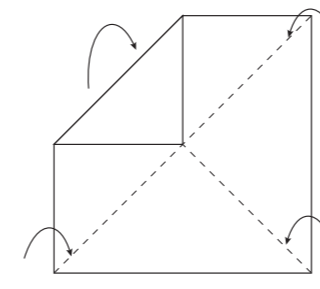
2. Make a triangle shape by folding it in half



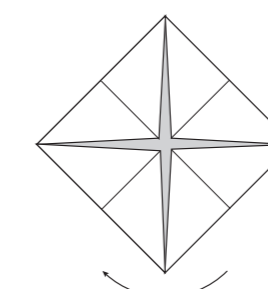
3. Unfold the paper, then fold it the other way



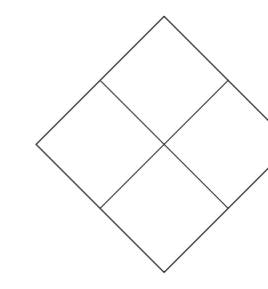
4. Unfold your paper again. It should look like this



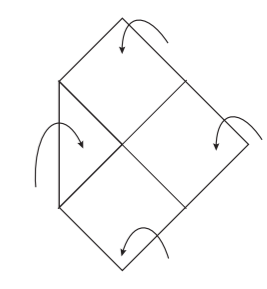
5. Fold all four corners of your paper to the centre of your square



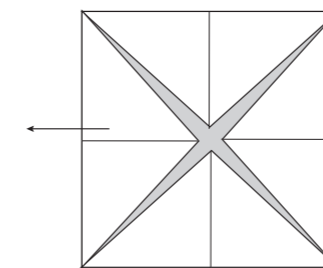
6. Your paper should look like this



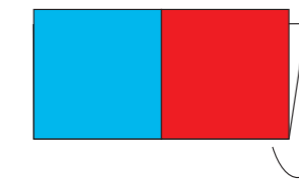
7. Flip your paper over so the folds you just made are face down



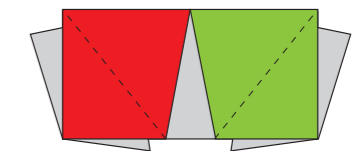
8. Fold the corners to the centre again



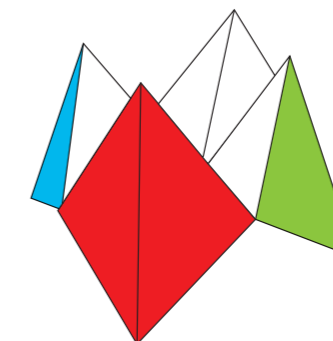
9. Your paper should look like this



10. Fold your paper in half



11. Put your fingers under the four open 'pockets' to help your paper take shape



12. Here's how your finished Pocket Aid should look



It's what we do

1 Take a 5 minute time out

2 Take 5 slow deep breaths

3 Listen to music

4 Take a quick walk

5 Say something positive to yourself

6 talk to a friend

7 Slowly count to ten

8 Practice some yoga