

Our Chill Time Plan

Remember – Chill Time is to do just that, chill out for 10 minutes or as long as we need to feel calm again.

Chill Time can be on your own or with an adult.

Super-charge Chill Time by adding some deep puku (tummy) breathing – it helps us relax.



Our Chill Time things to do:

- Try going outside
- Listening to music
- Draw or colour in
- Read a book or comic
- Play with toys