

TEN

things you
could do today!

TUSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

- 1 Keep fit with boxing champion [Katie Taylor](#)
- 2 Play [bird bingo](#)
- 3 Try some [conversation starters](#)
- 4 Look around New Delhi Rail museum at [Night](#)
- 5 Challenge each other to do these [moves](#)
- 6 Take some time to watch a visual calming relaxation [video](#)
- 7 Make some healthy meals with [Irishheart.ie](#)
- 8 Have a blindfolded taste test and more [mindfulness activities](#)
- 9 Play starfish or tornado and other games for [regulating emotions](#)
- 10 Help get better night's sleep with [Headspace](#)

