

7 different

types of

rest



1

sensory

Silence,
warm showers
& being in
nature

2

physical

Relaxation,
sleeping
& massage

3

mental

Mindfulness,
meditation &
daydreaming

4

creative

Creating to
express & enjoy,
doing nothing
& play

5

emotional

Exercise,
self-care &
doing things
you enjoy

6

social

'Me' time,
alone time
& spending time
with pets

7

spiritual

Prayer,
journaling
& engaging
in rituals

24/7
for 5-25
yr olds

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