

Express yourself

# Sing like nobody's listening

A fun activity you can try to help lift your mood and release energy and tension from your body.



Remember you don't have to try it, and you can stop at any time.

## Step 1

Think about your favourite song or a song you like to sing.

## Step 2

Play it out loud and sing as loud as you can - like nobody's listening.

## Step 3

Take 5 minutes to reflect on how you feel in your body afterwards. E.g: do you feel more relaxed or more energetic?

## Step 4

If you enjoyed the activity, why not try asking someone to sing with you next time. This could be in person, over the phone or through a video chat.

## Step 5 (Optional)

Tell us if you've tried the activity...



I've tried the activity 🙌