

The chill-out zone

1 Research

Explore online for some different ideas on creating your chill-out space. Use [Pinterest](#) for inspiration if you need it. Magazines are also a good source to read through.

Feng shui is the Chinese art of arranging furniture and items in your room to make the energy flow positively, [create a sense of calm](#) and encourage success.

2 Plan your space

What's your style

Think about the colours and themes you want in your room or space. Maybe have a go at creating a [mood board or ideas board](#) of things you like.



Picture this

Start to select photographs, canvases or posters that you may want to display.

Pin away

Keep an online record of what styles you like. Create your own page in [Pinterest](#) and pin your ideas.

What's your sound

Choose the music for your new room, create a playlist.

Get organised

[Tidy and organise](#) your space or room.

Think of nifty ways to display your favourite things. Maybe organise your clothes by colour.



With many places on lockdown this summer, let's make your space a relaxing one. The key to making your room your "happy place" is to make it aesthetically pleasing. Bedrooms can be the space where we go to relax and escape the rest of the world for a while. Here are some ways to make your room a special place, somewhere you want to escape to and chill-out.

Suitable for children up to 16 years old.

3 Create your space

You've been framed

Get creative and [make your own photo area](#), that you can change when ever you want!

Green fingers

Make your own planters to create a vibrant, healthy space. What will you grow?



Bespoke storage

[Upcycle tin cans](#) to keep all your stationery neat and tidy. Or make a [balloon bowl](#) for your bits and bobs in.

Mindful time

[Chill out jars](#) help to relax and calm a busy brain, just sit and watch. Let yourself melt away.



Sew good

[Make a cushion](#) by recycling your favourite old T shirts!

Tidy up time

Always try to make your bed and keep your floor [clear of clothes](#) - a space is much more relaxing when it's tidy and neat.

4 Enjoy your space

Now that you've created your perfect room, here are some ideas for how to relax or be creative in your awesome space.

Unwind and untangle your thoughts

Too many thoughts in your head, here are some ideas to help you cope.

Make a checklist of the things that help you to feel relaxed. Try to check-in with your list each day.



Play a game from your childhood that you loved. Make a chill-out playlist. Create an art gallery of your own creations on your wall.

Try out a digital detox. Put all your gadgets away in a drawer for a couple of hours.

Connect with kindness

Humans are connected in lots of different ways, sometimes that can mean we don't agree with other people.

Connecting through kindness could help you to understand why human connections are important and could help you to lay aside negative thoughts and feelings. Use a cushion as a meditation cushion and try out a [loving kindness meditation](#).

Please note, blue underlined text are hyperlinks to websites. Thrive® is not responsible for the content on these websites.