

# TEN

things you  
could do today!

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

- 1 Practice some relaxing [Tai Chi](#)
- 2 Learn to sing [Na Blathanna](#)
- 3 Create your own [family shield](#)
- 4 Play 'over and over' and other [Theraplay Activities](#)
- 5 Win a voucher by telling the OCO [what you miss](#)
- 6 Become a [nature detective](#)
- 7 Go on a sensory [sound challenge](#)
- 8 Read this easy to understand book about [online safety](#)
- 9 Look around the ancient Egyptians display in [The British Museum](#)
- 10 Listen to a [bedtime story](#) add it to a [chart](#)

