

C	O	P	E	!
Volunteer	Arts and Crafts	Aromatherapy	Garden	Swim
Play cards	Deep breathing	Think about loved ones	Sewing	Bake
Think Positively	Watch TV	FREE SPACE (Whats your skill?)	Cook	Rip Paper Into Pieces
Help the Elderly	Listen to music	Take a walk	Play a sport	Spirituality
Talk to staff	Squeeze a Stress Ball	Go outside	Journal	Go for a drive

C	O	P	E	!
Punch a Pillow (Not a wall)	Listen to music	Give A Compliment	Cooking	Count to 10
Read	Play cards	Play an Instrument	Board Games	Think Positively
Count Backward from 500	Take a Shower/Bath	FREE SPACE (Whats your skill?)	Help the Elderly	Journal
Think about loved ones	Watch TV	Think about happy memories	Bake	Rip Paper Into Pieces
Swim	Play with pets	Cook	Drawing	Garden

C	O	P	E	!
Think Positively	Sing	Watch a movie	Take a time out	Squeeze a Stress Ball
Sewing	Take a walk	Cooking	Dance	Play cards
Deep breathing	Spirituality	FREE SPACE (Whats your skill?)	Punch a Pillow (Not a wall)	Arts and Crafts
Help the Elderly	Aromatherapy	Play an Instrument	Read	Volunteer
Count Backward from 500	Yoga	Write a Letter	Drawing	Cook