

Self Care

Use a coping skill	Dance	Laugh	Take a deep breath	Relax outside
Go for a swim	Think of a happy memory	Show kindness to self	Do a hobby	Take a bath
Talk about your feelings	Watch a movie	Free Space	Draw	Play game
Positive Affirmation	Take a nap	Read a book	Listen to music	Ride a bike
Laugh at jokes	Exercise	Stretch	Write in Journal	Go for a walk

Self Care

Watch a movie	Do a hobby	Take a deep breath	Go for a swim	Show kindness to self
Laugh	Write in Journal	Relax outside	Exercise	Take a bath
Positive Affirmation	Draw	Free Space	Play game	Dance
Listen to music	Stretch	Use a coping skill	Go for a walk	Take a nap
Read a book	Ride a bike	Talk about your feelings	Think of a happy memory	Laugh at jokes

Self Care

Exercise	Stretch	Do a hobby	Ride a bike	Draw
Use a coping skill	Positive Affirmation	Read a book	Think of a happy memory	Relax outside
Talk about your feelings	Go for a walk	Free Space	Take a nap	Listen to music
Watch a movie	Take a bath	Take a deep breath	Write in Journal	Laugh
Play game	Dance	Show kindness to self	Go for a swim	Laugh at jokes