

Watch TV	Arts and Crafts	Exercise	Talk to a friend	Play cards
Deep breathing	Think about loved ones	Take a nap	Cooking	Take a walk
Think about happy memories	Watch a movie	FREE	Count to 10	Hug stuffed animal
Listen to music	Talk to dad	Painting	Help a friend	Read
Go outside	Dance	Take a time out	Write in a journal	Drawing

Watch a movie	Cooking	Talk to a friend	Deep breathing	Take a nap
Exercise	Write in a journal	Play cards	Dance	Take a walk
Listen to music	Count to 10	FREE	Hug stuffed animal	Arts and Crafts
Help a friend	Take a time out	Watch TV	Drawing	Talk to dad
Painting	Read	Think about happy memories	Think about loved ones	Go outside

Dance	Take a time out	Cooking	Read	Count to 10
Watch TV	Listen to music	Painting	Think about loved ones	Play cards
Think about happy memories	Drawing	FREE	Talk to dad	Help a friend
Watch a movie	Take a walk	Talk to a friend	Write in a journal	Exercise
Hug stuffed animal	Arts and Crafts	Take a nap	Deep breathing	Go outside