C	O	P	E	!
Volunteer	Board Games	Bake	Go fishing	Spirituality
Pet your animal	Draw	Throw a Foam Ball	Rip paper into peices	Card Game
Sit in the Sun	Take a hot shower or relaxing Bath	**FREE**	Watch something in Nature	Count Backwards from 500
Read a Good Book	Listen to a Fun song	Meditate	Swim	Paint
Sit Outside	Take a Walk	Paint your Nails	Humor	Make Jewelry

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C	O	P	E	!
Help the Elderly	Play an instrument	Meditate	Gratitude List	Dance
Deep Breathing	Punch a pillow	Play a Sport	Paint your Nails	Cook a Meal
Take a hot shower or relaxing Bath	Squeeze a Stress Ball	**FREE**	Listen to a Fun song	Count Backwards from 500
Throw a Foam Ball	Card Game	Watch something in Nature	Think Positively	Call a Friend
Read a Good Book	Spirituality	Make Jewelry	Organize	Exercise

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C	O	P	E	!
Go to the PARK	Think Positively	Savor Hot Tea/Coffee or chocolate	Watch something in Nature	Squeeze a Stress Ball
Sit in the Sun	Rip paper into peices	Swim	Count Backwards from 500	Do a Puzzle
Sing	Play a Sport	**FREE**	Draw	Sit Outside
Play with a Hacky Sack	Call a Friend	Listen to a Fun song	Bake	Pet your animal
Punch a pillow	Volunteer	Dance	Yoga	Write a letter

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