

|                                        |                           |                            |                                          |                                                  |
|----------------------------------------|---------------------------|----------------------------|------------------------------------------|--------------------------------------------------|
| <b>C</b>                               | <b>O</b>                  | <b>P</b>                   | <b>E</b>                                 | <b>!</b>                                         |
| squeeze<br>a ball                      | Call a<br>friend          | Ask for<br>help            | Go<br>outside                            | Walk<br>away                                     |
| Stretch                                | Do a<br>puzzle            | crumble<br>up<br>paper     | Talk to a<br>parent or<br>other<br>adult | Draw                                             |
| Think of<br>your<br>favorite<br>memory | chew<br>gum               | <b>FREE</b>                | Count to<br>10                           | Take<br>deep<br>breaths                          |
| Play a<br>game                         | Read a<br>book            | Wrap up<br>in a<br>blanket | Sing                                     | Think of<br>something<br>that makes<br>you happy |
| Yoga                                   | Pet your<br>cat or<br>dog | Make a<br>craft            | Take a<br>walk                           | Lay<br>down                                      |

|                               |                                 |                   |                                         |                          |
|-------------------------------|---------------------------------|-------------------|-----------------------------------------|--------------------------|
| <b>C</b>                      | <b>O</b>                        | <b>P</b>          | <b>E</b>                                | <b>!</b>                 |
| Count to 10                   | Do a dance                      | Take deep breaths | Stretch                                 | Sing                     |
| Color a picture               | chew gum                        | Walk away         | Play a game                             | Read a book              |
| crumble up paper              | Call a friend                   | <b>FREE</b>       | squeeze a ball                          | Take a walk              |
| Rip paper into pieces         | Draw                            | Lay down          | Think of something that makes you happy | write down your feelings |
| Think of your favorite memory | Talk to a parent or other adult | Yoga              | Do a puzzle                             | Ask for help             |

|                                         |                               |                       |                 |                |
|-----------------------------------------|-------------------------------|-----------------------|-----------------|----------------|
| <b>C</b>                                | <b>O</b>                      | <b>P</b>              | <b>E</b>        | <b>!</b>       |
| Sing                                    | Do a puzzle                   | Take deep breaths     | smell flowers   | Count to 10    |
| write in a journal                      | write down your feelings      | Draw                  | Color a picture | Walk away      |
| Talk to a parent or other adult         | Go outside                    | <b>FREE</b>           | Call a friend   | squeeze a ball |
| Stretch                                 | Think of your favorite memory | Read a book           | Play a game     | Make a craft   |
| Think of something that makes you happy | Yoga                          | Rip paper into pieces | Ask for help    | Do a dance     |