

play with pets	Arts and Crafts	Listen to music	Watch a movie	Take a walk
Go outside	play a game	Think about loved ones	Count to 10	Watch TV
paint your nails	Dance	Talk to staff	Read	Take a shower/bath
Write in a journal	Take a time out	Visit your family	exercise	Play cards
Painting	Talk to a friend	Deep breathing	Drawing	start a new hobby

paint your nails	Count to 10	Talk to staff	Watch a movie	Talk to a friend
Dance	Take a shower/bath	Go outside	Listen to music	Visit your family
start a new hobby	Watch TV	Think about loved ones	Write in a journal	Drawing
Read	Arts and Crafts	Take a walk	play with pets	Deep breathing
take a walk	Leisure activities	Painting	play a game	Help a friend

Write in a journal	Take a time out	Watch TV	Arts and Crafts	start a new hobby
Leisure activities	Drawing	Talk to a friend	Take a shower/bath	Read
Dance	exercise	Count to 10	Deep breathing	paint your nails
Take a walk	Visit your family	Go outside	Listen to music	Think about loved ones
Talk to staff	play a game	play with pets	Help a friend	Painting