

watch a movie	bake cookies	doodle on a paper/ drawing	talk to a friend	play with a pet
deep breathing	watch a favorite TV show	read a book or a magazine article	clean something	stretch
visualize a happy place	write in a journal	FREE	count to ten	help a family member
listen to music	video games	organize your room	go see a movie	putty
exercise	dance	shoot hoops	yoga	do a word search or crossword

write in a journal	clean something	talk to a friend	deep breathing	read a book or a magazine article
doodle on a paper/ drawing	yoga	play with a pet	dance	stretch
listen to music	count to ten	FREE	help a family member	bake cookies
go see a movie	shoot hoops	watch a movie	do a word search or crossword	video games
organize your room	putty	visualize a happy place	watch a favorite TV show	exercise

dance	shoot hoops	clean something	putty	count to ten
watch a movie	listen to music	organize your room	watch a favorite TV show	play with a pet
visualize a happy place	do a word search or crossword	FREE	video games	go see a movie
write in a journal	stretch	talk to a friend	yoga	doodle on a paper/ drawing
help a family member	bake cookies	read a book or a magazine article	deep breathing	exercise