

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

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

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