

|                     |                     |                               |                                                |                                    |
|---------------------|---------------------|-------------------------------|------------------------------------------------|------------------------------------|
| <b>B</b>            | <b>I</b>            | <b>N</b>                      | <b>G</b>                                       | <b>O</b>                           |
| Talk to someone     | Blow bubbles        | Draw paint or color a picture | Stretch                                        | Pet an animal                      |
| Dance               | Take a walk         | Read                          | Close your eyes and imagine a calm/happy place | Take a nap                         |
| Watch a funny video | Cook/bake something | <b>FREE</b>                   | Go for a walk                                  | Listen to music                    |
| Take a break        | Paint your nails    | Squeeze a stress ball         | Exercise                                       | Play a game                        |
| Count to 50         | Take 5 deep breaths | Do a puzzle                   | Write in a journal                             | Do something kind for someone else |

|                                    |                           |                                                |                  |                       |
|------------------------------------|---------------------------|------------------------------------------------|------------------|-----------------------|
| <b>B</b>                           | <b>I</b>                  | <b>N</b>                                       | <b>G</b>         | <b>O</b>              |
| Watch a funny video                | Write in a journal        | Close your eyes and imagine a calm/happy place | Paint your nails | Dance                 |
| Stretch                            | Listen to music           | Draw paint or color a picture                  | Play a game      | Cook/bake something   |
| Go for a walk                      | Blow bubbles              | <b>FREE</b>                                    | Exercise         | Squeeze a stress ball |
| Do something kind for someone else | Talk to someone           | Do a puzzle                                    | Take a break     | Count to 50           |
| Pet an animal                      | Find a quiet place to sit | Take a nap                                     | Read             | Take a walk           |

|                           |                                                |                     |                                    |                               |
|---------------------------|------------------------------------------------|---------------------|------------------------------------|-------------------------------|
| <b>B</b>                  | <b>I</b>                                       | <b>N</b>            | <b>G</b>                           | <b>O</b>                      |
| Take a break              | Exercise                                       | Watch a funny video | Do something kind for someone else | Stretch                       |
| Take 5 deep breaths       | Take a nap                                     | Write in a journal  | Paint your nails                   | Cook/bake something           |
| Squeeze a stress ball     | Close your eyes and imagine a calm/happy place | <b>FREE</b>         | Go for a walk                      | Draw paint or color a picture |
| Find a quiet place to sit | Pet an animal                                  | Count to 50         | Blow bubbles                       | Talk to someone               |
| Take a walk               | Read                                           | Listen to music     | Play a game                        | Do a puzzle                   |