

Ideas for Self Control

Watch TV	Cooking	Arts and Crafts	Go Outside	Take a Walk
Play with a Pet	Drawing	Touch Something Soft	Sit in a Quiet Room	Think about Loved Ones
Dance	Listen to Music	Come Up With Your Own Idea	Do Some Jumping Jacks	Painting
Talk to a Friend	Play Cards	Take a Time Out	Think about Happy Memories	Help a Friend
Go to Church	Read	Deep Breathing	Sewing	Count to 10

Ideas for Self Control

Think about Loved Ones	Deep Breathing	Talk to Staff	Listen to Music	Dance
Painting	Touch Something Soft	Cooking	Watch TV	Sit in a Quiet Room
Take a Walk	Read	Come Up With Your Own Idea	Count to 10	Sewing
Drawing	Go Outside	Snuggle with a Blanket	Watch a Movie	Talk to a Friend
Do Some Jumping Jacks	Take a Time Out	Arts and Crafts	Play with a Pet	Visit Your Family

Ideas for Self Control

Deep Breathing	Work on a Project	Watch a Movie	Drawing	Count to 10
Talk to Staff	Sit in a Quiet Room	Exercise	Cooking	Watch TV
Play with a Pet	Do Some Jumping Jacks	Come Up With Your Own Idea	Take a Walk	Painting
Go Outside	Sewing	Listen to Music	Go to Church	Take a Time Out
Visit Your Family	Enjoy Nature	Talk to a Friend	Play Cards	Arts and Crafts