

C	O	P	E	!
Write a letter	Bake cookies	Listen to music	Squeeze a stress ball	Punch a punching bag/pillow
Draw	Talk to someone close to you	Read	Clean your closet	Slowly eat a piece of your favorite candy
Take a nap	Write a poem	FREE	Do a puzzle	Meditate
Memorize a song	Take 3 deep breaths	Play video games	Make a playlist of your favorite songs	Put on your favorite outfit
Make a collage	Do yoga	Rip paper into small pieces	Write in a journal	Exercise

C	O	P	E	!
Write a poem	Clean your closet	Squeeze a stress ball	Draw	Read
Listen to music	Write in a journal	Punch a punching bag/pillow	Do yoga	Slowly eat a piece of your favorite candy
Memorize a song	Do a puzzle	FREE	Meditate	Bake cookies
Make a playlist of your favorite songs	Rip paper into small pieces	Write a letter	Exercise	Take 3 deep breaths
Play video games	Put on your favorite outfit	Take a nap	Talk to someone close to you	Make a collage

C	O	P	E	!
Do yoga	Rip paper into small pieces	Clean your closet	Put on your favorite outfit	Do a puzzle
Write a letter	Memorize a song	Play video games	Talk to someone close to you	Punch a punching bag/pillow
Take a nap	Exercise	FREE	Take 3 deep breaths	Make a playlist of your favorite songs
Write a poem	Slowly eat a piece of your favorite candy	Squeeze a stress ball	Write in a journal	Listen to music
Meditate	Bake cookies	Read	Draw	Make a collage