

|                              |                     |                      |                            |                      |
|------------------------------|---------------------|----------------------|----------------------------|----------------------|
| <b>B</b>                     | <b>I</b>            | <b>N</b>             | <b>G</b>                   | <b>O</b>             |
| Use<br>positive<br>self-talk | Cook                | Go for a<br>walk     | Take a<br>break            | Play<br>with<br>pets |
| Draw                         | Use<br>I-statements | Shop                 | Count to<br>10             | Take a<br>bath       |
| Talk to a<br>friend          | Watch a<br>movie    | <b>FREE</b>          | Dance                      | Listen to<br>music   |
| Play a<br>game               | Take a<br>nap       | Play a<br>sport      | Imagine<br>a calm<br>scene | Read a<br>book       |
| Go out<br>to eat             | Deep<br>breathing   | Stop<br>and<br>think | Write                      | Go<br>fishing        |

|                      |                |                        |                  |               |
|----------------------|----------------|------------------------|------------------|---------------|
| <b>B</b>             | <b>I</b>       | <b>N</b>               | <b>G</b>         | <b>O</b>      |
| Watch a movie        | Count to 10    | Take a break           | Draw             | Shop          |
| Go for a walk        | Write          | Play with pets         | Deep breathing   | Take a bath   |
| Play a game          | Dance          | <b>FREE</b>            | Listen to music  | Cook          |
| Imagine a calm scene | Stop and think | Use positive self-talk | Go fishing       | Take a nap    |
| Play a sport         | Read a book    | Talk to a friend       | Use I-statements | Go out to eat |

|                        |                |              |                  |                      |
|------------------------|----------------|--------------|------------------|----------------------|
| <b>B</b>               | <b>I</b>       | <b>N</b>     | <b>G</b>         | <b>O</b>             |
| Deep breathing         | Stop and think | Count to 10  | Read a book      | Dance                |
| Use positive self-talk | Play a game    | Play a sport | Use I-statements | Play with pets       |
| Talk to a friend       | Go fishing     | <b>FREE</b>  | Take a nap       | Imagine a calm scene |
| Watch a movie          | Take a bath    | Take a break | Write            | Go for a walk        |
| Listen to music        | Cook           | Shop         | Draw             | Go out to eat        |