

|                        |                       |                 |                        |                  |
|------------------------|-----------------------|-----------------|------------------------|------------------|
| <b>B</b>               | <b>I</b>              | <b>N</b>        | <b>G</b>               | <b>O</b>         |
| Watch TV               | Count to 10           | Listen to music | Take a walk            | Read             |
| Go outside             | Think about memories  | Show Gratitude  | Dance                  | Talk to family   |
| Deep breathing         | Play games on phone   | <b>FREE</b>     | Positive Self-Talk     | Talk to a friend |
| Practice Assertiveness | Take a bath or shower | Painting        | Reframing Neg.Thoughts | Meditate         |
| Draw/Color             | Exercise              | Set Boundaries  | Help a friend          | Stress balls     |

|                |                |                       |                        |                  |
|----------------|----------------|-----------------------|------------------------|------------------|
| <b>B</b>       | <b>I</b>       | <b>N</b>              | <b>G</b>               | <b>O</b>         |
| Watch a movie  | Take space     | Take a bath or shower | Show Gratitude         | Talk to a friend |
| Draw/Color     | Excerise       | Stress balls          | Reframing Neg.Thoughts | Go outside       |
| Set Boundaries | Dance          | <b>FREE</b>           | Play games on phone    | Count to 10      |
| Read           | Watch TV       | Write in a journal    | Help a friend          | Deep breathing   |
| Take a walk    | Laugh/Be Silly | Positive Self-Talk    | Listen to music        | Painting         |

|                   |                       |                             |                           |                            |
|-------------------|-----------------------|-----------------------------|---------------------------|----------------------------|
| <b>B</b>          | <b>I</b>              | <b>N</b>                    | <b>G</b>                  | <b>O</b>                   |
| Set<br>Boundaries | Go<br>outside         | Take a<br>bath or<br>shower | Stress<br>balls           | Laugh/Be<br>Silly          |
| Dance             | Write in<br>a journal | Listen to<br>music          | Watch a<br>movie          | Volunteer                  |
| Help a<br>friend  | Talk to a<br>friend   | <b>FREE</b>                 | Practice<br>Assertiveness | Take a<br>walk             |
| Count to<br>10    | Exercise              | Reframing<br>Neg.Thoughts   | Positive<br>Self-Talk     | Play<br>cards              |
| Watch<br>TV       | Deep<br>breathing     | Talk to<br>family           | Draw/Color                | Think<br>about<br>memories |