

—	Arts and Crafts	Help a friend	Think about happy memories	Take a bath
Drawing	Write in a journal	Talk to a friend	Count to 10	Watch TV/Movie
—	Dance	Play cards	Read	Visit with family
Sing	Talk to staff	Listen to music	Take a walk	Deep breathing
Think about loved ones	Exercise	—	Go outside	Painting

—	Dance	Watch TV/Movie	Count to 10	Deep breathing
Go outside	Visit with family	Play cards	Take a bath	Talk to staff
Drawing	Help a friend	Talk to a friend	Take a walk	—
Sing	Exercise	Write in a journal	Listen to music	Think about happy memories
Think about loved ones	—	Painting	Arts and Crafts	Read

Visit with family	Take a walk	Exercise	Go outside	Listen to music
Deep breathing	Painting	Drawing	Play cards	—
Sing	Think about loved ones	Talk to a friend	Dance	Write in a journal
—	Talk to staff	—	Count to 10	Arts and Crafts
Read	Watch TV/Movie	Think about happy memories	Help a friend	Take a bath