

Techniques

Watch TV	Arts and Crafts	Go outside	Talk to staff	Sewing
Drawing	Walk Away	Take a time out	Cooking	Talk to a friend
Visit your family	Watch a movie	FREE	Count to 10	Play basketball
Deep breathing	Play cards	Think about happy memories	Read	Think about loved ones
Listen to music	Squeeze fist	Help a friend	Dance	Take a walk

Techniques

Watch a movie	Think about happy memories	Talk to a friend	Take a walk	Think about loved ones
Count to 10	Deep breathing	Sewing	Drawing	Squeeze fist
Cooking	Painting	FREE	Arts and Crafts	Read
Watch TV	Dance	Write in a journal	Talk to staff	Take a time out
Go outside	Play basketball	Play cards	Listen to music	Walk Away

Techniques

Drawing	Think about loved ones	Play cards	Talk to staff	Arts and Crafts
Watch a movie	Talk to a friend	Go outside	Deep breathing	Squeeze fist
Play basketball	Painting	FREE	Count to 10	Cooking
Dance	Visit your family	Sewing	Help a friend	Take a walk
Walk Away	Watch TV	Read	Listen to music	Excerise