

|                        |                            |             |                 |                  |
|------------------------|----------------------------|-------------|-----------------|------------------|
| <b>B</b>               | <b>I</b>                   | <b>N</b>    | <b>G</b>        | <b>O</b>         |
| Watch a movie          | Arts and Crafts            | Excerise    | Talk to staff   | Read             |
| Deep breathing         | Visit your family          | Take a walk | Coloring        | Talk to a friend |
| Think about loved ones | Write in a journal         | <b>FREE</b> | Count to 10     | Listen to music  |
| Painting               | Think about happy memories | Play cards  | Help a friend   | Stressball       |
| Go outside             | Dance                      | Take space  | arts and crafts | Drawing          |

|                    |                 |                        |                   |                            |
|--------------------|-----------------|------------------------|-------------------|----------------------------|
| <b>B</b>           | <b>I</b>        | <b>N</b>               | <b>G</b>          | <b>O</b>                   |
| Write in a journal | Coloring        | Talk to staff          | Deep breathing    | Take a walk                |
| Excerise           | arts and crafts | Read                   | Dance             | Talk to a friend           |
| Painting           | Count to 10     | <b>FREE</b>            | Listen to music   | Arts and Crafts            |
| Help a friend      | Take space      | Watch a movie          | Drawing           | Think about happy memories |
| Play cards         | Stressball      | Think about loved ones | Visit your family | Go outside                 |

|                                 |                     |                  |                                     |                  |
|---------------------------------|---------------------|------------------|-------------------------------------|------------------|
| <b>B</b>                        | <b>I</b>            | <b>N</b>         | <b>G</b>                            | <b>O</b>         |
| Dance                           | Take<br>space       | Coloring         | Stressball                          | Count to<br>10   |
| Watch a<br>movie                | Painting            | Play<br>cards    | Visit<br>your<br>family             | Read             |
| Think<br>about<br>loved<br>ones | Drawing             | <b>FREE</b>      | Think<br>about<br>happy<br>memories | Help a<br>friend |
| Write in<br>a journal           | Talk to a<br>friend | Talk to<br>staff | arts and<br>crafts                  | Excerise         |
| Listen to<br>music              | Arts and<br>Crafts  | Take a<br>walk   | Deep<br>breathing                   | Go<br>outside    |