

Try to build something	Be with other people	Make a list of all you good	Scribble on sheets of paper	Re-organize your room
Go outside	Take a nap	Rearrange your house	Clean up your space	Rip up a sheet of paper
Start collecting something	Watch a favorite TV show	FREE	Color a picture	Play a musical instrument
Play in the sand	Smile at 5 people	Play video/computer games	Perform a random act of kindness	Read
Organize	Go for a walk/run	Ride a bicycle	Watch an movie	Look up at the sky

Watch a favorite TV show	Clean up your space	Scribble on sheets of paper	Go outside	Rearrange your house
Make a list of all you good	Watch an movie	Re-organize your room	Go for a walk/run	Rip up a sheet of paper
Play in the sand	Color a picture	FREE	Play a musical instrument	Be with other people
Perform a random act of kindness	Ride a bicycle	Try to build something	Look up at the sky	Smile at 5 people
Play video/computer games	Read	Start collecting something	Take a nap	Organize

Go for a walk/run	Ride a bicycle	Clean up your space	Read	Color a picture
Try to build something	Play in the sand	Play video/computer games	Take a nap	Re-organize your room
Start collecting something	Look up at the sky	FREE	Smile at 5 people	Perform a random act of kindness
Watch a favorite TV show	Rip up a sheet of paper	Scribble on sheets of paper	Watch an movie	Make a list of all you good
Play a musical instrument	Be with other people	Rearrange your house	Go outside	Organize