

Try to build something	10 deep breathes	Have a snack	Ride a bicycle	Play music
Go for a walk/run	Take a nap	Re-organize your room	Be with other people	Rearrange your house
Scribble on sheets of paper	Write in a journal	FREE	Clean up your space	Perform a random act of kindness
Play a game	Rip up a sheet of paper	Play in the sand	Organize	Play video/computer games
Make a list of all your good	Draw	Read	dance	Go outside

Write in a journal	Be with other people	Ride a bicycle	Go for a walk/run	Re-organize your room
Have a snack	dance	Play music	Draw	Rearrange your house
Play a game	Clean up your space	FREE	Perform a random act of kindness	10 deep breathes
Organize	Read	Try to build something	Go outside	Rip up a sheet of paper
Play in the sand	Play video/computer games	Scribble on sheets of paper	Take a nap	Make a list of all your good

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Write in a journal	Rearrange your house	Ride a bicycle	dance	Have a snack
Perform a random act of kindness	10 deep breathes	Re-organize your room	Go for a walk/run	Make a list of all your good