

Watch/play sports	10 deep breathes	Go to a quiet place	Scream into a bag/pillow	Punch a pillow
Draw	Tell yourself you are capable	Read	Be with other people	Talk to a safe person
Write in a journal	Clean up your space	FREE	Paint	Play in the sand
Take a nap	Play music	Remind yourself of 5 amazing things about you	Have a snack	Re-organize your room
Do a puzzle	Squeeze a stressball	Get a drink of water	close your eyes for 20 seconds	Go outside

Write in a journal	close your eyes for 20 seconds	Be with other people	Play music	Draw
Scream into a bag/pillow	Play in the sand	Go to a quiet place	Re-organize your room	Clean up your space
Paint	10 deep breathes	FREE	Have a snack	Remind yourself of 5 amazing things about you
Go outside	Watch/play sports	Get a drink of water	Take a nap	Do a puzzle
Punch a pillow	Organize	Talk to a safe person	Read	Tell yourself you are capable

Take a nap	Have a snack	Write in a journal	Go outside	Scream into a bag/pillow
Squeeze a stressball	Talk to a safe person	close your eyes for 20 seconds	Play music	Clean up your space
Remind yourself of 5 amazing things about you	Be with other people	FREE	Paint	Go to a quiet place
Organize	Punch a pillow	Do a puzzle	10 deep breathes	Watch/play sports
Tell yourself you are capable	Read	Play in the sand	Re-organize your room	Get a drink of water