

Talking with friends/family	Cooking	Gardening	Stretching	Relaxing
Driving	Take a hot shower/bath	Singing	Crying	Snacking
Table top games	Watching movies	FREE	Dancing	Meditation
Napping	Studying	Reading a book	Listening to music	Screaming
Going on outing/movies	Drawing	Smoking	Writing a letter	Exercising

Watching movies	Crying	Stretching	Driving	Singing
Gardening	Writing a letter	Relaxing	Drawing	Snacking
Napping	Dancing	FREE	Meditation	Cooking
Listening to music	Smoking	Talking with friends/family	Exercising	Studying
Reading a book	Screaming	Table top games	Take a hot shower/bath	Going on outing/movies

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Watching movies	Snacking	Stretching	Writing a letter	Gardening
Meditation	Cooking	Singing	Driving	Going on outing/movies