Techniques

Visit your family	Arts and Crafts	Excerise	Talk to a friend	Read
Deep breathing	Think about loved ones	Take a walk	Clean or organize	Take picture
Think about happy memories	Watch TV	**FREE**	Count to 10	Listen to music
Painting	Talk to an adult	Play cards	Help a friend	Take a time out
Go outside	Dance	Take photographs	Write in a journal	Drawing

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Techniques

Watch TV	Clean or organize	Talk to a friend	Deep breathing	Take a walk
Excerise	Write in a journal	Read	Dance	Take picture
Painting	Count to 10	**FREE**	Listen to music	Arts and Crafts
Help a friend	Take photographs	Visit your family	Drawing	Talk to an adult
Play cards	Take a time out	Think about happy memories	Think about loved ones	Go outside

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Techniques

Dance	Take photographs	Clean or organize	Take a time out	Count to 10
Visit your family	Painting	Play cards	Think about loved ones	Read
Think about happy memories	Drawing	**FREE**	Talk to an adult	Help a friend
Watch TV	Take picture	Talk to a friend	Write in a journal	Excerise
Listen to music	Arts and Crafts	Take a walk	Deep breathing	Go outside

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