

C	O	P	E	!
PLAY AN INSTRUMENT	BEGIN A NEW "HEALTHY" HOBBY	ASK FOR HELP FROM FAMILY AND FRIENDS	DRAW	LISTEN TO A FUN SONG
GO TO THE PARK	COUNT TO 20	PET YOUR ANIMAL	HELP THE ELDERLY	PAINT
CARD GAME	FOLLOW TRUSTED PERSON'S ADVICE	Healthy Coping (FREE SPACE)	COOL OFF PERIOD	GIVE A COMPLIMENT
MEDITATE	GO FISHING	LIFT WEIGHTS	ORGANIZE	ENJOY QUIET TIME
ENGAGE IN A HEALTHY COMPETITION	GRATITUDE LIST	COMPLETE A PUZZLE	HAVE A POSITIVE ATTITUDE	BOARD GAMES

C	O	P	E	!
PAINT	COMPLETE A PUZZLE	LISTEN TO MUSIC	FOLLOW TRUSTED PERSON'S ADVICE	CARD GAME
GIVE A COMPLIMENT	PET YOUR ANIMAL	BEGIN A NEW "HEALTHY" HOBBY	PLAY AN INSTRUMENT	HELP THE ELDERLY
LISTEN TO A FUN SONG	GRATITUDE LIST	Healthy Coping (FREE SPACE)	BOARD GAMES	HAVE A POSITIVE ATTITUDE
COUNT TO 20	DRAW	HUMOR	THINK ABOUT HAPPY MEMORIES	MEDITATE
COOL OFF PERIOD	LIFT WEIGHTS	ASK FOR HELP FROM FAMILY AND FRIENDS	GO TO THE PARK	PLAY A SPORT

C	O	P	E	!
COMPLETE A PUZZLE	WORDFIND/CROSS WORD	THINK ABOUT HAPPY MEMORIES	COUNT TO 20	BOARD GAMES
LISTEN TO MUSIC	HELP THE ELDERLY	DEEP BREATHING	BEGIN A NEW "HEALTHY" HOBBY	PLAY AN INSTRUMENT
GO TO THE PARK	COOL OFF PERIOD	Healthy Coping (FREE SPACE)	LISTEN TO A FUN SONG	GIVE A COMPLIMENT
DRAW	HAVE A POSITIVE ATTITUDE	FOLLOW TRUSTED PERSON'S ADVICE	ENGAGE IN A HEALTHY COMPETITION	LIFT WEIGHTS
PLAY A SPORT	DANCE	MEDITATE	GO FISHING	ASK FOR HELP FROM FAMILY AND FRIENDS