C	O	P	E	!
Write a list of compliments about someone	Bake	Let yourself cry	Stretch	Play with siblings
Do a puzzle	Watch a fish	Run	Call a friend	Talk to Ms. Mai
Clean	Paint your nails	**FREE**	Pet your cat or dog	Take deep breaths
Play on tablet	Sort photograp	Make slime	Punch a punching bag	Listen to music
Cook	Dance	Rip paper into pieces	Draw	Sing

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C	O	P	E	!
Write in diary	Take a hot shower or relaxing bath	Sort photograp	Run	Take deep breaths
Cook	Dance	Sing	Punch a punching bag	Do a puzzle
Rip paper into pieces	Call a friend	**FREE**	Paint your nails	Bake
Play with siblings	Write a list of compliments about someone	Write positive affirmations	Draw	Clean
Stretch	Go for a drive	Pet your cat or dog	Let yourself cry	Make slime

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C	O	P	E	!
Rip paper into pieces	Do a puzzle	Sort photograp	Sing	Go for a drive
Call a friend	Write positive affirmations	Let yourself cry	Write in diary	Write a letter
Draw	Take deep breaths	**FREE**	Play on tablet	Stretch
Bake	Dance	Punch a punching bag	Pet your cat or dog	Mindful Meditation
Write a list of compliments about someone	Clean	Talk to Ms. Mai	Cook	Watch a fish

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