

Techniques

Watch funny movies	Boxing	Draw	Talk to a counselor	Play Guitar
Dance	Think happy thoughts	Refocus	Clean your room	Soccer
Talk to your family	Write	FREE	Color	Go for a walk
Laugh	Talk to a friend	Listen to music	Give a hug	Play Piano
Football	Create Art	Scream in a pillow	Write lyrics	Deep breathes

Techniques

Write	Clean your room	Talk to a counselor	Dance	Refocus
Draw	Write lyrics	Play Guitar	Create Art	Soccer
Laugh	Color	FREE	Go for a walk	Boxing
Give a hug	Scream in a pillow	Watch funny movies	Deep breathes	Talk to a friend
Listen to music	Play Piano	Talk to your family	Think happy thoughts	Football

Techniques

Create Art	Scream in a pillow	Clean your room	Play Piano	Color
Watch funny movies	Laugh	Listen to music	Think happy thoughts	Play Guitar
Talk to your family	Deep breathes	FREE	Talk to a friend	Give a hug
Write	Soccer	Talk to a counselor	Write lyrics	Draw
Go for a walk	Boxing	Refocus	Dance	Football