

STRESSORS

play game	Cooking	Arts and Crafts	Painting	build something
Think about happy memories	Go outside	play a game	Watch TV	make up a tik tok dance
play with pets	Dance	FREE	Visit your family	Take a time out
Take a walk	go for bike ride	Talk to teacher	Write in a journal	make a sign
Read	Think about loved ones	Play cards	Deep breathing	Count to 10

STRESSORS

make up a tik tok dance	Deep breathing	exercise	Take a time out	Dance
Take a walk	play a game	Count to 10	play with pets	Cooking
Visit your family	build something	FREE	Think about loved ones	Talk to a friend
Think about happy memories	Go outside	Painting	Watch a movie	send a funny text
Watch TV	go for bike ride	Drawing	Write in a journal	Arts and Crafts

STRESSORS

Talk to teacher	Go outside	Visit your family	play game	Deep breathing
take a walk	send a funny text	Help a friend	Count to 10	build something
Watch TV	Listen to music	FREE	Cooking	play with pets
Think about happy memories	Drawing	Take a walk	Painting	Dance
Take a time out	Read	Write in a journal	Watch a movie	go for bike ride