STRESSORS

play game	Count to 10	Cooking	Play cards	exercise
Think about loved ones	Help a family member	play a game	Watch a funny movie	make up a tik tok dance
play with pets	Deep breathing	**FREE**	Watch TV	Take a walk
Talk to a friend	jump on trampoline	Think about happy memories	build something	make a sign
Take a shower/bath	Visit your family	Read	Drawing	Dance

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STRESSORS

make up a tik tok dance	Drawing	go for bike ride	Take a walk	Deep breathing
Talk to a friend	play a game	Dance	play with pets	Count to 10
Watch TV	exercise	**FREE**	Visit your family	Talk to teacher
Think about loved ones	Help a family member	Play cards	Write in a journal	send a funny text
Watch a funny movie	jump on trampoline	Go outside	build something	Cooking

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STRESSORS

Think about happy memories	Help a family member	Watch TV	play game	Drawing
take a run	send a funny text	Listen to music	Dance	exercise
Watch a funny movie	Painting	**FREE**	Count to 10	play with pets
Think about loved ones	Go outside	Talk to a friend	Play cards	Deep breathing
Take a walk	Take a shower/bath	build something	Write in a journal	jump on trampoline

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