

STRESSORS

play game	Count to 10	Cooking	Read	exercise
Visit your family	Listen to music	play a video game	Write in a journal	make up a tik tok dance
play with pets	Deep breathing	FREE	Watch a funny movie	Talk to a friend
Talk to teacher	jump on trampoline	Think about loved ones	call family member	make a sign
Take a time out	Watch TV	Take a shower/bath	Drawing	Dance

STRESSORS

make up a tik tok dance	Drawing	go for bike ride	Talk to a friend	Deep breathing
Talk to teacher	play a video game	Dance	play with pets	Count to 10
Watch a funny movie	exercise	FREE	Watch TV	Think about happy memories
Visit your family	Listen to music	Read	build something	send a funny text
Write in a journal	jump on trampoline	Go outside	call family member	Cooking

STRESSORS

Think about loved ones	Listen to music	Watch a funny movie	play game	Drawing
take a run	send a funny text	Painting	Dance	exercise
Write in a journal	Play cards	FREE	Count to 10	play with pets
Visit your family	Go outside	Talk to teacher	Read	Deep breathing
Talk to a friend	Take a time out	call family member	build something	jump on trampoline