

5

Watch
TV

Arts and
Crafts

Exercise

Talk to
staff

Read

Deep
breathing

Visit
your
family

Take a
time out

Cooking

Talk to a
friend

Think
about
loved
ones

Watch a
movie

FREE

Count to
10

Listen to
music

Painting

Think
about
happy
memories

Play
cards

Help a
friend

Sewing

Go
outside

Dance

Take a
walk

Write in
a journal

Drawing

5

Watch a
movie

Cooking

Talk to
staff

Deep
breathing

Take a
time out

Excerise

Write in
a journal

Read

Dance

Talk to a
friend

Painting

Count to
10

FREE

Listen to
music

Arts and
Crafts

Help a
friend

Take a
walk

Watch
TV

Drawing

Think
about
happy
memories

Play
cards

Sewing

Think
about
loved
ones

Visit
your
family

Go
outside

5

Dance

Take a
walk

Cooking

Sewing

Count to
10

Watch
TV

Painting

Play
cards

Visit
your
family

Read

Think
about
loved
ones

Drawing

FREE

Think
about
happy
memories

Help a
friend

Watch a
movie

Talk to a
friend

Talk to
staff

Write in
a journal

Excerise

Listen to
music

Arts and
Crafts

Take a
time out

Deep
breathing

Go
outside