

|                                     |                                 |                         |                       |                                             |
|-------------------------------------|---------------------------------|-------------------------|-----------------------|---------------------------------------------|
| <b>B</b>                            | <b>I</b>                        | <b>N</b>                | <b>G</b>              | <b>O</b>                                    |
| Visit<br>your<br>family             | Ask for<br>help                 | Go<br>outside           | Talk to a<br>friend   | Read                                        |
| Eat a<br>healthy<br>snack           | Think<br>about<br>loved<br>ones | Take<br>Deep<br>Breaths | Count to<br>10        | Take a<br>walk                              |
| Think<br>about<br>happy<br>memories | Watch a<br>movie                | <b>FREE</b>             | Dance                 | Make a<br>list of your<br>goals             |
| Make a<br>to do<br>list.            | Talk to a<br>trusted<br>Adult   | Play<br>cards           | Listen to<br>music    | Say<br>something<br>positive to<br>yourself |
| Help a<br>friend                    | Drawing                         | Take a<br>break         | Write in<br>a journal | Excerise                                    |

|                    |                                    |                            |                           |                         |
|--------------------|------------------------------------|----------------------------|---------------------------|-------------------------|
| <b>B</b>           | <b>I</b>                           | <b>N</b>                   | <b>G</b>                  | <b>O</b>                |
| Watch a movie      | Count to 10                        | Talk to a friend           | Eat a healthy snack       | Take Deep Breaths       |
| Go outside         | Write in a journal                 | Read                       | Drawing                   | Take a walk             |
| Make a to do list. | Dance                              | <b>FREE</b>                | Make a list of your goals | Ask for help            |
| Listen to music    | Take a break                       | Visit your family          | Excerise                  | Talk to a trusted Adult |
| Play cards         | Say something positive to yourself | Think about happy memories | Think about loved ones    | Help a friend           |

|                            |                    |                   |                                    |                 |
|----------------------------|--------------------|-------------------|------------------------------------|-----------------|
| <b>B</b>                   | <b>I</b>           | <b>N</b>          | <b>G</b>                           | <b>O</b>        |
| Drawing                    | Take a break       | Count to 10       | Say something positive to yourself | Dance           |
| Visit your family          | Make a to do list. | Play cards        | Think about loved ones             | Read            |
| Think about happy memories | Exercise           | <b>FREE</b>       | Talk to a trusted Adult            | Listen to music |
| Watch a movie              | Take a walk        | Talk to a friend  | Write in a journal                 | Go outside      |
| Make a list of your goals  | Ask for help       | Take Deep Breaths | Eat a healthy snack                | Help a friend   |