

watch TV	Draw	Walk away	take 5 deep breaths	jump rope
Read	walk	punch pillow	Exercise	sing
use stress toy	whistle a tune	FREE	Journal	count backwards from 50
count to 20	take a mental trip	jog	clean house	nap
bounce a ball	Listen to music	shred newspaper	write a poem	Talk about it

whistle a tune	Exercise	take 5 deep breaths	Read	punch pillow
Walk away	write a poem	jump rope	Listen to music	sing
count to 20	Journal	FREE	count backwards from 50	Draw
clean house	shred newspaper	watch TV	Talk about it	take a mental trip
jog	nap	use stress toy	walk	bounce a ball

Listen to music	shred newspaper	Exercise	nap	Journal
watch TV	count to 20	jog	walk	jump rope
use stress toy	Talk about it	FREE	take a mental trip	clean house
whistle a tune	sing	take 5 deep breaths	write a poem	Walk away
count backwards from 50	Draw	punch pillow	Read	bounce a ball