

RIDE A BIKE

JOURNAL

EXERCISE

UNPLUG

GET OUTSIDE

TAKE A NAP

WATCH YOUR FAVORITE

HUG SOMEONE

MOVIE / TV SHOW

PET AN

WALK THE DOG

ANIMAL

BE

THINGS TO HELP

THANKFUL

PRAY

ON A

READ A

DRAW

BAD DAY

BOOK

BREATHE

MEDITATE

TALK TO A PARENT,

HAVE A GOOD CRY

FRIEND OR TRUSTED

LISTEN TO

ADULT

DRINK WATER

MUSIC

DANCE

CLEAN /

WASH YOUR CARES AWAY

REORGANIZE

WITH A BATH OR SHOWER

