



**LISTEN TO
MUSIC**



**DO A SILLY
DANCE**



**SPEAK KINDLY
TO MYSELF**



**TAKE DEEP
BREATHS**



DO YOGA POSES



**UNPLUG
and
RELAX**



**MAKE A LIST OF
THINGS I AM
THANKFUL FOR**



GO OUTSIDE



**WRITE IN A
JOURNAL**



**PAINT
OR DRAW**



**TALK TO
FRIENDS**

