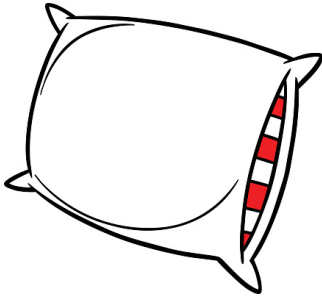


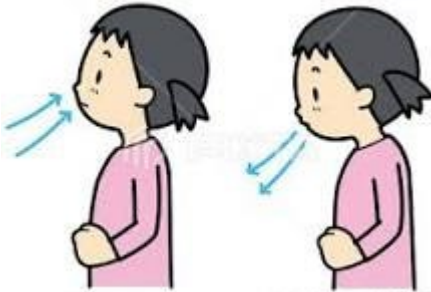
Punch a Pillow



Create a
Calm
Down Glitter
Jar



Take Deep Breaths



pixtastock.com - 40792681

Blow Bubbles to
Practice
Deep
Breathing



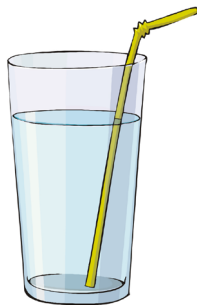
Write about
your
feelings
in a journal



Put on a pair of
sunglasses



Drink a
glass of
water



Ride a bike



Sing the ABCs

ABC

Take a
Shower or
bubble bath



Go outside and
be in nature



Use essential oils



Chew bubble gum

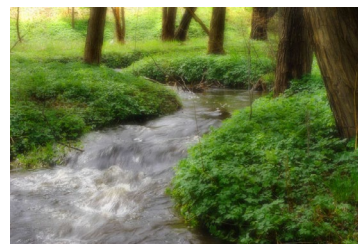


Count to 10

Hum or sing your
favorite song



Picture your happy place



Give yourself permission
to process your feelings



Take a walk



Take a break



Talk to a trusted friend
or adult



Do yoga or stretches



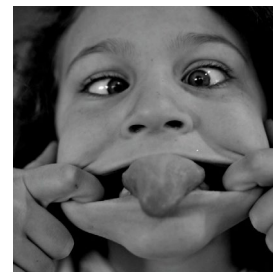
Bounce on a ball



Do a puzzle



Make silly faces



Hug your favorite stuffed animal



Read your favorite book



Give yourself a hug



Think of three qualities you are proud to have



Draw or paint a picture of how you are feeling



Listen to music or create a new playlist



Spend quality time with a friend or family member



Play with your pet

