



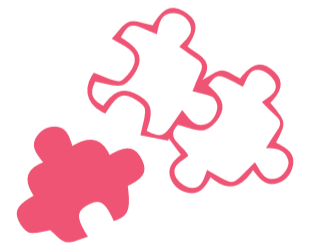
RELAX



- Take deep breaths
- Do a positive activity
- Play sport
- Think of something funny
- Take a quick walk
- Practice yoga
- Stand up and stretch
- Listen to music
- Take a time out
- Slowly count to ten
- Use positive self-talk
- Say something kind to yourself
- Talk to a friend
- Talk to an adult
- Close your eyes and relax
- Say, "I can do this"
- Visualise your favourite place
- Think of something happy
- Think of a pet you love
- Think about someone you love

- Get enough sleep
- Eat a healthy snack
- Read a good book
- Set a goal
- Jog in place

- Write in a journal
- Hum your favourite song
- Doodle on paper
- Draw a picture
- Colour a colouring page
- Clean something
- Meditate
- Use a stress ball
- Dance
- Write a letter
- Look at pictures you've taken
- Make a gratitude list
- List your positive qualities
- Do something kind
- Give someone a hug
- Put a puzzle together
- Do something you love
- Build something
- Play with clay
- Hug a stuffed animal
- Rip paper into pieces
- Play an instrument
- Watch a good movie
- Take pictures
- Gardening





Write a list
Keep a positive attitude
Schedule time for yourself
Blow bubbles
Write a positive note

Chew gum
Paint your nails
Write a story
Blog
Read a joke book

Write a poem
Drink cold water
Draw cartoons
Read a magazine
Write a thank you note



Count to 100
Make a list for the future
Read inspirational quotes
Compliment yourself
Visualise a stop sign

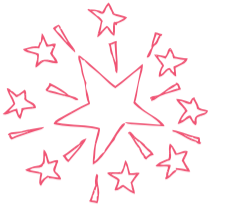


Laugh

Smile in the mirror
Smile at others
Do schoolwork
Look at animal pictures



Hyper focus on an object
Notice 5 things you can see
Paint with water colours
Use a relaxation app
Watch a funny video



Drink some tea
Cook or bake
Plan a fun trip
Use an I-statement
Identify your emotions



Express your feelings to someone
Write down your thoughts
Identify a positive thought
Make your day's schedule
List 10 positives about you



Ask yourself, "What do I need right now?"
Tell someone you are thankful for them
Pet an animal
Make a list of choices
Ask an adult for help
Organise something
Play a card game
Listen to nature sounds
Sit and relax all your muscles
Ask for a break

