



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

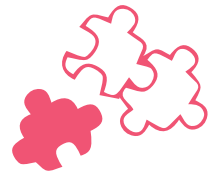
Rip paper into pieces

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

