



**#1 Talking It Out**

**#2 Arts & Crafts**

**#3 Taking Deep Breaths**

**#4 Exercising**

**#5 Journaling**

**#6 Doing A Puzzle**

**#7 Cooking/Baking**

**#8 Listen To Music**

**#9 Dancing**

**#10 Playing Games**

Pick a tool..  
any tool!