

CROCHET

SAY AFFIRMATIONS

SWIM

MEDITATE

Do EFT Tapping

GO FOR A WALK
Read a book

CLEAN

TAKE A BATH

Practice Gratitude

CONNECT

LISTEN TO MUSIC

I CAN PAUSE and

DO COLOUR BREATHING

RELAX

SIT ON THE PORCH

SPLASH WATER ON MY FACE

BREATHE DEEPLY

GET OUTSIDE

GARDEN

WORKOUT

SING A SONG

CUDDLE A PET

HUG SOMEONE

BAKE

LOOK AT FAMILY PHOTOS

CALL A FRIEND

JOURNAL

CREATE

HAVE A DANCE PARTY