



count to ten



listen to music



write in a journal



talk to a friend



play with a pet



read a book



paint a picture



play outside



dance



positive self-talk



watch a
movie



sing a song



imagine a
calm place



blow
bubbles



play with
playdoh



drink water



go for a walk



talk to a
parent



kick a ball



play a game



yoga



take a bath
or shower



clean



make a craft



