

Do you ever feel STRESSED!? ANGER!? SADNESS!?

We all have! Need a break!?

Try some of these!

Listen to music.	Read a book.
Put your feet up.	Take deep breaths-Hold 10 seconds.Let out.Repeat.
Do a puzzle or play a game.	Take a nap or rest.
Write a letter to someone.	Write in a journal.
Take a walk or jog outside.	Sit outside near pretty scenery.
Bake something.	Turn off electronics and enjoy the silence.
Create a "coffee/tea" break.	Watch or read something funny.
Engage in a small act of kindness.	Build a blanket fort.
Put on music and dance.	Do some stretches or exercises.
Write a poem or song.	Paint something.
Talk to a friend I can trust.	Talk to an adult I can trust.
Count to 10 before reacting.	Watch a TV show or movie.
Reflect on what is bothering you and think of how to handle it or deal with it positively.	Think about the situation bothering you and create a plan to resolve the problem.
Draw a picture or make some art.	Draw a picture of a happy place.
Write down your feelings. Throw the paper out.	Turn a negative thought into a positive one. Repeat.
Help someone or volunteer my time.	Walk away from the situation - do something else.
Watch funny videos.	Write down 3 positive future goals.
Try a physical activity – kickboxing, sport, work out, etc.	Drink some water.
Go to sleep and start again tomorrow.	Play or do something fun outdoors.
Learn a new skill or hobby. (Examples: exercise, sport, volunteer opportunity, build something, make a project, do an art kit, make music, decorate, etc.)	Organize your room (clean out a closet, clean your drawers, get rid of old items, make a list of new items you want, redecorate, etc.)
Be around positive people in a social atmosphere (join a club at school or in the community!)	Think about a time when a situation was negative and how it turned to positive.
Make a list of 5 good memories you've had so far in life.	Yell into a pillow.
Go to a place that makes you feel happy.	Play with your pet (if you have one.)
Blow bubbles.	Blow into a balloon. Let it out. Repeat.
Play with playdough or a squishy.	Remind yourself how amazing you are!
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