

Go outside and be in nature	Name 5 things you love about yourself
Think of your favorite place	Do a craft or a direction drawing
Take deep breaths	Tell jokes with a family member or friend
Listen to music	Focus on what you can control
Hug someone or a stuffed animal for 30 seconds	Take a walk
Read a book	Learn a new yoga pose or practice a favorite

Free: choose a favorite activity	Go on a nature walk and notice 5 pieces of nature
Make a list of 5 things you're grateful for	Play a board game
Draw a picture or cartoon	Choose a way to exercise
Share with someone 5 things you like about them	Watch a movie with a fuzzy blanket and a snack
Write a letter or a note to someone you miss	Have a dance party
Do a puzzle	Write down 3 reasons why you're strong

Stretch in 5 different poses for 10 seconds each	
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