










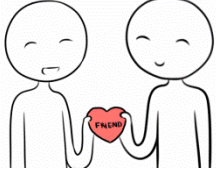

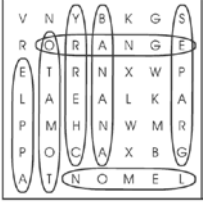





 <p>Ask for a hug</p>	 <p>Talk to someone</p>	 <p>Squeeze a stuffed animal</p>	 <p>Squeeze a stress ball</p>
 <p>Listen to music, dance</p>	 <p>Write or draw</p>	 <p>Drink something warm</p>	 <p>Stretch or do Yoga</p>
 <p>Squeeze Play Dough</p>	 <p>Imagine being in a happy or safe place</p>	 <p>Draw, paint, sculpt, color</p>	 <p>Go for a walk</p>
 <p>Smell something that makes you feel good</p>	 <p>Take a nap</p>	 <p>Take a shower or a bath</p>	 <p>Mediate or pray</p>
 <p>Take a few deep breaths</p>	 <p>Color in a coloring book</p>	 <p>Play with a pet</p>	 <p>Rip up old phone books or newspapers</p>
 <p>Write your feelings or thoughts down and rip them up</p>	 <p>Cry</p>	 <p>Play an instrument</p>	 <p>Do some jumping jacks or skip rope</p>

 <p>Punch a pillow</p>	 <p>Squeeze and relax your muscles</p>	 <p>Play basketball with paper and a trash can</p>	 <p>Sing and dance</p>
 <p>Exercise</p>	 <p>Pound play-doh</p>	 <p>Go for a hike or nature walk</p>	 <p>Jog on the spot</p>
 <p>Scream into a pillow</p>	 <p>Put together a puzzle</p>	 <p>Watch TV or movies</p>	 <p>Do something nice for someone else</p>
 <p>Play!</p>	 <p>Do crossword puzzles, word search or Sudoku</p>	 <p>Look at pictures</p>	 <p>Play video games</p>
 <p>Read a book</p>			