



# When I feel upset, worried or disappointed I can



Look at my glitter jar



SAY AFFIRMATIONS

MEDITATE

DO EFT TAPPING

PRACTICE GRATITUDE

BE Mindful

DO COLOR BREATHING

TAKE A BATH

READ A BOOK

LISTEN TO MUSIC

GO FOR A WALK

SIT ON THE PORCH

Relax

I CAN PAUSE AND

Get. Outside

SPLASH WATER ON MY FACE

BREATHE DEEPLY

SWIM

WORKOUT

GARDEN

CLEAN

CALL A FRIEND

CUDDLE WITH A PET

SING A SONG

Create

CROCHET

Connect

LOOK AT FAMILY PHOTOS

BAKE

HUG SOMEONE

HAVE A DANCE PARTY

JOURNAL

Big Life Journal