

Play-Doh



Drink Something Really Hot or Really Cold



Smell Something Good
(Flower, Lotion, Air Freshener)



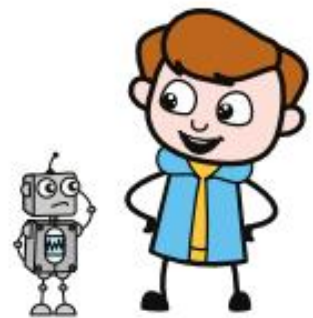
Do a Craft



Look for Beautiful Things



Hyper-Focus on an Object



Progressive Muscle Relaxation



Mindful Tracing



Crossing the Mid-Line



Meditation



Push-Ups/Sit-Ups



Play Outside



Color Game



Smile for 1 Minute



Sing



Act Kindly Towards Someone



Clean Something



Pet an Animal



Stretch



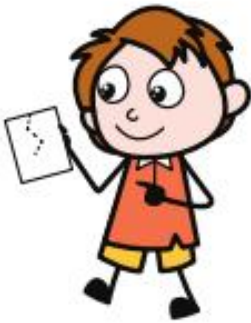
Take a Shower/Bath



Hug a Pillow/Stuffed Animal



Rip Scrap Paper



Color



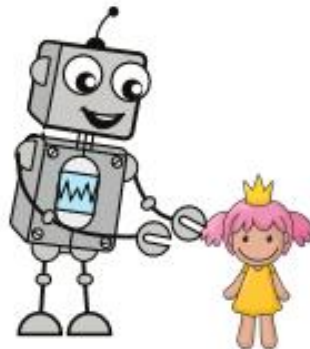
Do a Puzzle



Yoga



Robot/Ragdoll



Weighted Lap Pad



Count to Ten



Imagine a Calm Place



Take Space



Five Senses



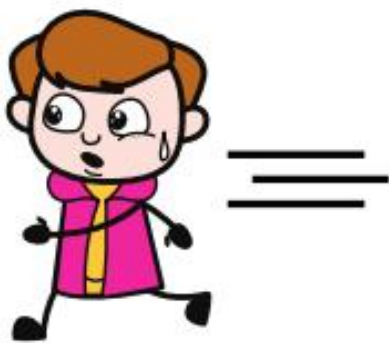
Wall Push-Ups



Dance



Go on a Run/Walk



Turtle Pose



Squeezing Lemons



Listen to Music



Read a Book



Deep Breathing



Positive Self-Talk



Write in Journal



Draw a Picture



Keep Hands Busy



Talk to Someone



Play a Game

