



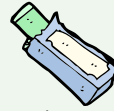
Throw a Football



Spend Time With a Pet



Blow Bubbles



Chew Gum



Knit or Weave



Hang upside down



Balance on One Leg



Name the Feeling



Do a Puzzle



Run



Shoot Baskets



Have a Dance Party



Finger Paint

Smell and Taste a Lemon



Color a Picture

Climb a Tree



Count to Ten



Do Cartwheels



Hike



Pray



Do Pushups



Cry it Out



Breathe Deeply



Phone a Friend



Give Thanks



Garden



Send a Thank You Card



Bounce a Balloon 100 Times



Do a Downward Dog Pose



Stretch



Scooter



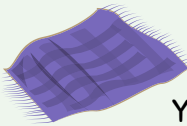
Smile Gently



Journal



Listen to Music



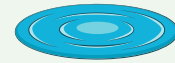
Wrap Yourself in a Blanket



Read a Book



Jump Rope



Toss Pebbles in a Pond



Eat a Healthy Snack



Play with Putty or Clay



Blow a Feather



Do Situps



Count Backward from 100



Put on Fuzzy Socks



Paint



Skip



Blow a Pinwheel



Go on a Bike Ride



Ask for a Hug



Squeeze an ice-cube



Pop Bubblewrap



Have a Cosy Drink

Self-Care Ideas For Kids