

Go for a walk

Do a yoga pose

Read a poem

Draw or paint

Make cookies

Tap your foot

Hum or sing

Drink water



<p>Eat a healthy snack</p>	<p>Play on the playground</p>
<p>Push against something hard</p>	<p>Count objects in the room</p>
<p>Walk in nature</p>	<p>Look for four colors around you</p>
<p>Observe with your eyes, ears, nose, and touch</p>	<p>Visualize yourself feeling calming</p>



Squeeze something

Shake something

Stretch your arms and body

Build something

Smile

Blow bubbles

Rock in a chair

Gently tap your temples
and collarbone

