

Taking medicine.	Spending time with friends.	Tidying up.
Drinking water regularly.	Talking to a trusted adult.	Stroking a pet.
Playing board games.	Reading a good story.	Joining a sports club.
Practising mindfulness.	Listening to music.	Playing on the computer.
Thinking of happy times.	Learning something new.	Taking the dog for a walk
Taking deep breaths.	Going outside, fresh air.	Expressing feelings.
Chatting to a friend.	Walking to school.	Volunteering to help.
Offering to do a chore a home.	Playing active games outdoors.	Watching tv or favourite films.
Helping someone you notice needs help.	Drawing, painting or making something.	Having fun with your family.
Washing and keeping your body clean.	Talking about problems to a doctor, nurse or counsellor.	Swimming, dancing or indoor sports.
Taking rest, relaxing, quiet time.	Allowing enough time to do homework.	Having an internet/phone free day.
Going to bed at a sensible time to get enough sleep at night.	Helping an elderly neighbour with their shopping.	Eating a balanced diet that includes plenty of fruit and vegetables.