

HEALTHY WAYS TO RELEASE EMOTIONS

EXERCISE SKATEBOARDING LAUGH PLAY A SPORT

FORGIVE DRINK TEA/WATER READ

TALK TO SOMEONE NATURE WALK

DO SOMETHING YOU LOVE BIKING

PLAY AN INSTRUMENT Give a Hug/Get a Hug

CRY WATCH A MOVIE GO FOR A WALK

TALK TO A PET SWIMMING CALL A FRIEND

TAKE A SHOWER/BATH PRAY Have a Nap

YELL/SCREAM INTO A PILLOW Go Shopping SING

PHOTOGRAPHY Video Games

YOGA Hangout with a Friend HAVE A SNACK

LISTEN TO POSITIVE MUSIC COOKING/BAKING

DRAW PAINT COLOUR Poetry Punch a Pillow

BREATHE THINK OF SOMETHING FUNNY VOLUNTEER

ARTS & CRAFTS DANCE DRAW YOUR FEELINGS

JUMP ON TRAMPOLINE SCRAPBOOKING

MEDITATE RUN UPOWER JOURNAL

