

*3 breaths*

*Sip a  
beverage*

*Listen to  
a song*

*Stretch*

*Bite into  
a treat*

*Self-  
massage*

*Close  
your eyes*

*Look  
outside*

*Walk in  
place*

*Shake out  
your body*

*Do  
nothing*

*Dance*

Fingers  
through  
hair

3  
gratitudes

Sit  
silently in  
peace

"May I  
be ...."

Fake a  
laugh

Gaze at  
the stars

Watch the  
clouds go  
by

Curl up  
in a ball

Hot  
cocoa

Smile

Say blah  
blah blah

Read a  
poem

