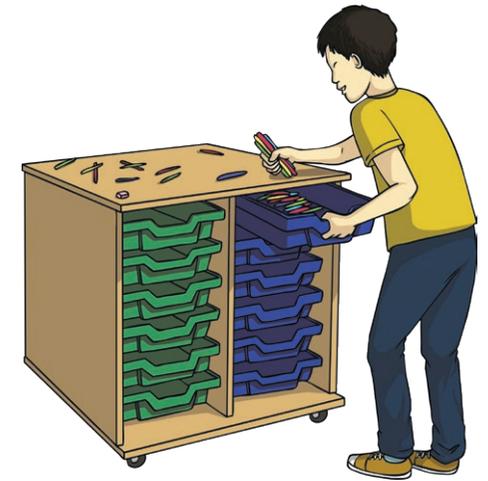




Take some exercise.



Write a story or draw a picture.



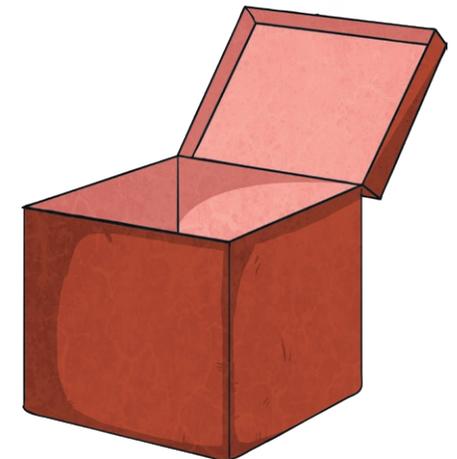
Clean your room or move your room around to make a change.



Read your favourite book.



Listen to music that makes you feel happy and relaxed.



Make a calming box for yourself/use your calming box.



**Do something for yourself
– get a haircut, paint your
nails or take a bath.**



**Do something
creative – paint, bake,
draw, craft or model.**



**Sing and dance along to
your favourite songs.**



Try a new hobby.