

give yourself
permission

sing

breathe

read

enjoy
nature

do yoga

play

create

talk to
someone

write your
feelings

bake

ride your bike

soak up
sunlight

get fresh air

when you're sad

jump on a
trampoline

reach out

move your
body

go for
a walk

laugh

dance

practice
gratitude

give
service

cry

jump
rope

listen
to music

play with
animals