

De-Stressing Activities that Work!

1. Practice **Lazy 8 Breathing**

2. Do a Handstand

3. Stretch

4. Take a Nap



5. **Eat Well**

6. Take 10 Minutes of Me Time

7. **Say NO** to One Activity

8. Vent to a Parent or Friend

9. Do a **Random Act** of Kindness

10. Clean Your Room

11. Take a Walk

12. Color or Draw a Picture

13. Squeeze a **Stress Ball**

14. Push Against a Wall as Hard as You Can then **Relax Your Body**

15. Drink Water

16. **Rest Your Head** on Your Desk for a Moment or Two

17. Listen to **Calming Music** with Headphones



18. Read in a **Quiet Spot**

19. **Journal** or **Write a Letter**

20. Push Your Palms Together

21. Think or Write a List of **Three Positive Things**

22. **Zoom in on Your Senses.** Notice **Five Things You See**; **Four Things You Feel**, **Three Things You Hear**, **Two Things You Smell**, and **One Thing You Taste**

23. Rub Your Temples

24. Eat a **Healthy Snack**

25. Give Yourself or a Stuffed Animal a Great Big Hug

26. Doodle, Draw, or Color

28. **Get a Good Night's Sleep**

