



<p>Read a book to someone. I read this book: ____</p> 	<p>Watch your favorite movie. I watched ____</p> 	<p>Write a nice note to: ____ (Hide it for them to find as a surprise!)</p> 	<p>Tell 2 jokes! 1. ____ 2. ____</p>
<p>Do a face-mask. This is what I looked like: ____</p>	<p>Make a healthy snack. Here is how I made my snack: ____</p> 	<p>Draw a picture. I mailed my picture to ____</p>	<p>Put on your favorite outfit!</p>
<p>Go on a hike with your family. I pretended we were ____</p> 	<p>Color a mandala.</p> 	<p>Fill a box with toys you can donate.</p>	<p>FaceTime with a family member. I FaceTimed ____</p>
<p>Cuddle with your pet.</p> 	<p>1. Get a dance partner. 2. Turn the lights off. 3. Blast music. 4. DANCE PARTY!</p>	<p>Clean your room.</p> 	<p>Draw you and your friend playing your favorite game. My friend's name is ____</p>
<p>Write about your favorite memory with your friend. My friend's name is ____</p>	<p>Discover a guided meditation online</p>	<p>Write a thank you card. I wrote a card to ____</p>	<p>Hug yourself!</p> 
<p>Sing along to a happy song. I sang: ____</p>	<p>Draw a story. My story is about ____</p> 	<p>Take a bubble bath.</p> 	<p>Write a letter. I mailed my letter to ____</p>
<p>Paint a picture. I mailed my picture to: ____</p> 	<p>Practice a new breathing exercise.</p> 	<p>Go on an indoor sensory walk. I see ____ I smell ____ I hear ____ I taste ____</p>	<p>Go through photographs</p> 
<p>Go for a walk.</p> 	<p>Write positive affirmations to yourself. 1. I am ____ 2. I am ____ 3. I am ____</p>	<p>Find a ball. 1. Bounce it 2. Kick it 3. Throw it</p>	<p>Fill a box with clothes you can donate.</p> 
<p>Create a bucket list of things you want to do before you turn ____ years old.</p>	<p>Take a nap.</p> 	<p>Call a family member. I called ____</p>	<p>Go on a sensory walk outside. I see ____ I smell ____ I hear ____ I taste ____ I feel ____</p>
<p>Drink some warm tea or hot chocolate</p> 	<p>Ride your bike. I rode for this long: ____</p>	<p>Create a bucket list of things you want to do this summer.</p>	<p>Tell an adult when you are feeling upset.</p> 