


Things you can do to take care of your Mental Health -
FEELINGS, THOUGHTS, AND ACTIONS

G I Z M O

 Dance	 Blow Bubbles	 Breathe Slowly	 Draw	 Kick a Ball
 Knit	 Listen to Music	 Laugh	 Take a Nap	 Play an Instrument
 Play with Toys	 Ride a Bike		 Play Outside	 Paint
 Take a Walk	 Do a Puzzle	 Read	 Move	 Sing
 Smile	 Play Games	 Sew	 Swing	 Write

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 Write	 Dance	 Blow Bubbles	 Breathe Slowly	 Draw
 Kick a Ball	 Knit	 Listen to Music	 Laugh	 Take a Nap
 Play an Instrument	 Play with Toys		 Ride a Bike	 Play Outside
 Paint	 Take a Walk	 Do a Puzzle	 Read	 Move
 Sing	 Smile	 Play Games	 Sew	 Swing

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 Swing	 Write	 Dance	 Blow Bubbles	 Breathe Slowly
 Draw	 Kick a Ball	 Knit	 Listen to Music	 Laugh
 Take a Nap	 Play an Instrument		 Play with Toys	 Ride a Bike
 Play Outside	 Paint	 Take a Walk	 Do a Puzzle	 Read
 Move	 Sing	 Smile	 Play Games	 Sew





















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 Sew	 Swing	 Write	 Dance	 Blow Bubbles
 Breathe Slowly	 Draw	 Kick a Ball	 Knit	 Listen to Music
 Laugh	 Take a Nap		 Play an Instrument	 Play with Toys
 Ride a Bike	 Play Outside	 Paint	 Take a Walk	 Do a Puzzle
 Read	 Move	 Sing	 Smile	 Play Games

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 Play Games	 Sew	 Swing	 Write	 Dance
 Blow Bubbles	 Breathe Slowly	 Draw	 Kick a Ball	 Knit
 Listen to Music	 Laugh		 Take a Nap	 Play an Instrument
 Play with Toys	 Ride a Bike	 Play Outside	 Paint	 Take a Walk
 Do a Puzzle	 Read	 Move	 Sing	 Smile







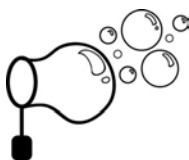















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 Smile	 Play Games	 Sew	 Swing	 Write
 Dance	 Blow Bubbles	 Breathe Slowly	 Draw	 Kick a Ball
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 Take a Walk	 Do a Puzzle	 Read	 Move	 Sing





















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 Sing	 Smile	 Play Games	 Sew	 Swing
 Write	 Dance	 Blow Bubbles	 Breathe Slowly	 Draw
 Kick a Ball	 Knit		 Listen to Music	 Laugh
 Take a Nap	 Play an Instrument	 Play with Toys	 Ride a Bike	 Play Outside
 Paint	 Take a Walk	 Do a Puzzle	 Read	 Move

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 Move	 Sing	 Smile	 Play Games	 Sew
 Swing	 Write	 Dance	 Blow Bubbles	 Breathe Slowly
 Draw	 Kick a Ball		 Knit	 Listen to Music
 Laugh	 Take a Nap	 Play an Instrument	 Play with Toys	 Ride a Bike
 Play Outside	 Paint	 Take a Walk	 Do a Puzzle	 Read