

#1. Dance



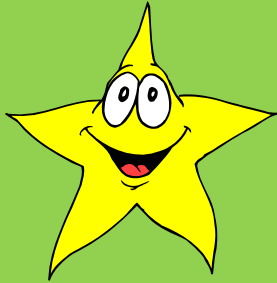
#2. Sit in a quiet place



#3. Listen to or play music

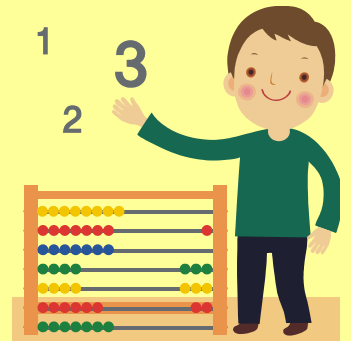


#4. Think happy thoughts



If you are feeling blue...Pick a number 1 thru 9 and then do that activity so you can be happy!

#5. Take three deep breaths and count to Ten



#6. Read a book



#7. Laugh out loud



#8. Picture something happy



#9. Take a break & drink water

