

MY HELPING PLAN

Other things I can do to help me calm down and feel good:

- _____ Talking on the telephone
- _____ Having daydreams
- _____ Writing in a diary
- _____ Playing board games
- _____ Going bike riding
- _____ Building or watching a fire
- _____ Working with others as a team
- _____ Writing letters, cards, notes, or poems
- _____ Being with my brother or sister
- _____ Being with animals
- _____ Combing or brushing my hair
- _____ Taking a bath or shower
- _____ Drawing or doodling
- _____ Going out to dinner
- _____ Swimming or being in the water
- _____ Having peace and quiet
- _____ Running or jogging
- _____ Fixing or cleaning things at the house
- _____ Taking care of my pets
- _____ Making a gift for someone
- _____ Playing video games
- _____ Eating foods I love
- _____ Going shopping
- _____ Working on a hobby
- _____ Having a good conversation
- _____ Being outdoors or breathing clean air
- _____ Playing baseball, softball, or basketball
- _____ Reading stories, books, or magazines
- _____ Watching TV or a DVD
- _____ Completing a difficult project/task
- _____ Laughing
- _____ Hanging out with friends
- _____ Going to a party
- _____ Camping or hiking
- _____ Playing or listening to music
- _____ Making snacks or cooking a meal
- _____ Taking a nap
- _____ Singing alone or with others
- _____ Dancing alone or with others
- _____ Sitting in the sun
- _____ Imagining a relaxing scene in my mind
- _____ Going to a fair, carnival, or zoo
- _____ Being around happy people
- _____ Taking photographs
- _____ Doing something nice for my family or friends
- _____ Going to the movies