

101 Calm Down Strategies For Kids

Hug a pillow or stuffed animal

Draw COLOR

Squeeze A Stress Ball
Get or give a HUG

Cuddle up with a cozy blanket

Look at a picture of a peaceful place

ask for HELP if you need it

Talk to SOMEONE
You TRUST

Jump up and down for a minute

Rock back and forth

DANCE

Go To a PARK

Practice Yoga

BLOW BUBBLES

Use a weighted blanket

Blow a Pinwheel

Exercise

SOMETHING

Write down three things you are grateful for

Write a Story
Write in a journal

Run in Place

Run Around Outside

Look at

PLAY "I SPY"

Look at Photos

Tense and relax your muscles

Watch a movie

Go For a Walk

Take a Bubble Bath

Clean or Organize your room

animal pictures

Do Origami

Get up and move around

SING A SONG

Take a Nap

Yell Into a Pillow

Go to a quiet place

Square breathing

Do a Puzzle

Take a Break

Get a drink of water

Pet an animal

Tell yourself :

Read jokes or COMICS

Smell your favorite scents

Push your palms together

Read a Book

Rip up Newspaper

Listen to MUSIC

PAINT

- ★ Relax it's okay
- ★ Be calm, be calm
- ★ I'm strong I can handle this
- ★ I got this
- ★ I won't let this problem get me down
- ★ I'm in control of myself
- ★ I'm letting this one go
- ★ I can deal with this
- ★ I can get help if I need it
- ★ Time out I'm taking a walk
- ★ I am cool, calm, and under control

Listen to an Audio Book

Spend Time In Nature

- 👁️ List 5 things you can see
- 👐 List 4 things you can feel
- 👂 List 3 things you can hear
- 👃 List 2 things you can smell
- 👅 List 1 thing you like to taste

SEARCH

Listen to a guided meditation for kids

Think HAPPY thoughts

"Look Out The window"

Play music. On an Instrument

Do 50 Arm Circles

PLAY a card game
PLAY a Sport
PLAY a Board game with Legos

Get a back scratch

Visualize yourself calming down

Close your eyes and breathe deep

Squeeze clay or Play-doh

write a list of your TOP 10 Coping Skills

Take a warm bath or shower

STRETCH

look at STARS

Ride a Bike

feel your PULSE

Eat a Healthy SNACK

TAKE A BREAK FROM ELECTRONICS

DOODLE ON PAPER

Ask a friend to PLAY

Do a wall sit for as long as you can

Take 3 deep belly breaths

Think of something FUNNY

Watch the clouds go by

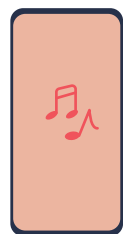
50, 49, 48, ...
Count backwards from 50

SWING

Go Swimming

101 Coping Skills For Teens

SING A SONG



Listen to Music

write down current & future goals

LEARN SOMETHING NEW

Paint Outside

WATCH

practice YOGA

BRAINSTORM SOLUTIONS

STRETCH

Count to **100** or **1000**
Use essential oils

Watch **SUNSET**

Tell yourself :

- ✓ Relax it's Okay
- ✓ I can Handle This
- ✓ I Got this
- ✓ I'm in control of my self
- ✓ I'm not going to let this get to me
- ✓ I have faith this will work out
- ✓ I can be patient in this moment
- ✓ I'm letting this one go
- ✓ I can find the humor here
- ✓ Something good will come from this
- ✓ What can I learn from this situation?

Go For A Brisk Walk

USE A STRESS BALL

Go to a park

Say **YES** to social opportunities

Forgive Someone

BAKE

Clean or Organize your bedroom

Call a Friend

Watch Funny **YOU TUBE** Videos

EXERCISE

Get out in the Sun

TAKE A NAP

PLAY a sport

Replace negative thoughts with positive thoughts

practice YOGA

write a list of your **TOP 10** Coping Skills

COMPLIMENT SOMEONE

Read Inspirational Quotes

Yell Into a Pillow

THINK OF THINGS YOU ARE GRATEFUL FOR

BRAINSTORM SOLUTIONS

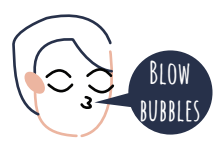
MASSAGE your neck & SHOULDERS

Get up and move around

PET an ANIMAL

TAKE a warm bath or a cold shower

VISUALIZE Yourself calming down



PLAY A **CARD** GAME

Do a **Puz**zle

DAYDREAM

Close your eyes and Relax

PLAY MUSIC On an instrument

Listen to Birds

STAR GAZE

Make a Collage

get a **HUG**

THINK of a peaceful PLACE

Spend Time In Nature

Take Three Deep Belly Breaths

To the Library
To a Movie
Fishing
Swimming

WRITE A POEM

Unplug from electronics

Engage In a Hobby

GO

Write a Letter

Eat healthy food

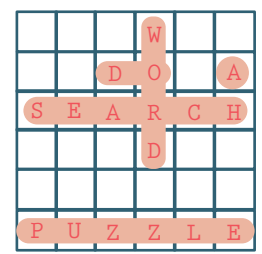
Go For a Jog

Write in a **Journal**

Garden

TAKE A BREAK

Drink Hot Tea



Dance

Talk to Someone you trust

Squeeze ICE

MEDITATE

BUILD SOMETHING

Rip up News paper



Practice Tai Chi or Qi gong
Practice Mindfulness

DONT! be so hard on yourself



GO FOR A HIKE

Limit Caffeine

DRINK GET A OF WATER

USE A RELAXATION APP

VOLUNTEER

DRAW

101 Self-Care Activities For Kids And Teens

1 Cook A Good Meal

2 Snuggle up in a warm blanket

3 Shower or take a bath

4 Craft Something

5 Take a Nap

6 Get some fresh air

7 Drink a glass of water

8 Watch Inspirational Movies

9 Follow daily routines

10 Laugh

11 Make self-care a priority

12 Use positive self-talk to challenge negative thoughts

13 Eat Healthy Food

14 Swim

15 Research a subject of interest

16 Save your money

17 Problem solve

18 Eat three meals each day

19 Garden

20 Spend Time In Nature

21 Complete a daily to-do List

22 Draw or paint

23 Watch a favorite show

24 Join a club /sport

25 Read a Good Book

26 Make a gratitude list

27 Move Your Body

28 Listen to an Audiobook

29 Learn New Things

30 Rest

31 Spend Time With a Friend

32 Pray

33 Read Inspirational Quotes

34 Share Your Feelings with someone

35 Play brain games

36 Be kind to yourself and others

37 Focus on what you can control, let go of what you can't

38 Stretch

39 Take alone time when you need it

40 Set and work toward goals

41 Focus on strengths and improve your weaknesses

42 Use positive coping skills

43 Unplug From electronics

44 Go to the park

45 Practice Self-love

46 Exercise

47 Get good sleep

48 Listen to uplifting music

49 Say positive self-care affirmations such as:

- I can be kind to myself
- I accept and love myself
- I respect myself and others
- I let go of what I cannot change
- I forgive myself for my mistakes
- I strive to get better, not perfect
- I learn from mistakes and failures
- I can do anything I put my mind to
- It's okay to ask for help when I need it
- One bad day does not make me a bad person
- Every day in every way, I am getting better and better

50 Help others or volunteer

51 Brush Your Teeth

52 Spend time with positive people

53 Play With A Pet

54 Do Something Nice For Someone

55 Practice Optimism

56 Go for a walk

57 Use grounding techniques

58 Encourage yourself

59 Go out in the sun

60 Meditate

61 Lie outside & look for shapes in the clouds

62 Discover your passions

63 Practice stress management techniques

64 Spend time with your family

65 Do something fun

66 Practice good hygiene

67 Write notes to people you love

68 Be active

69 Do a puzzle

70 Deep Belly Breathing

71 Run around outside

72 Maintain a positive attitude

73 Journal your thoughts /feelings

74 SMILE

75 Dance

76 Clean or organize your room/backpack

77 Play a game with friends

78 Forgive yourself and others

79 Write out your values

80 Call a friend or family member

81 Listen to instrumental music

82 Drink tea or hot chocolate

83 Make your bed

84 Do a hobby

85 Mindfulness

86 Get organized

87 Give a hug

101 Stress Relievers For Kids And Teens



Enjoy nature



Play a Game



Limit caffeine and sugar

Use problem solving skills

LAUGH

Stretch



Take A Break

Ask for Help

Deep belly breathing

Practice mindfulness

Say positive affirmations such as:

- Relax, it's okay
- I can find the humor here
- Time out, I'm taking a walk
- I have faith this will work out
- I'm strong, I can deal with this
- Good time to count to 10, or 100
- Something good can come of this
- I can be patient in this moment
- Yes, it's uncomfortable, and I can manage



Garden

SING



Watch an insect for 5 minutes



Essential oils



Do yoga



Draw or doodle



Listen to an Audiobook

Massage your neck/shoulders



Fly a kite



Meditate



Color



Write in a journal

Spend time with friends

Eat healthy food

Do something artistic

Play A SPORT

Follow daily routines

Go Swimming



Write a Story

Grounding Techniques

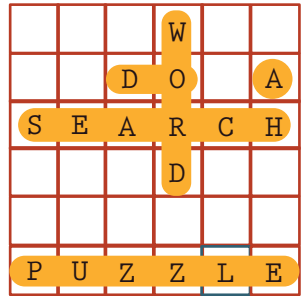
Organize your room

Get out in the sun

Apologize for a mistake



Exercise



P U Z Z L E



Drink water

Daydream



Cook a meal



Watch a movie



Watch a cloud for 5 minutes



Read a book



Listen to music



Ride a bike



Walk barefoot in the grass

Listen to Birds



Cry it out



Paint



Take A Nap



DANCE

Move your body



Go on a hike

Get or give a



Forgive someone

Do one thing at a time

Go to the park



Talk to a trusted adult



Watch the sunrise or sunset

Visualize yourself achieving your goals

Write out your thoughts / feelings



Use time wisely



Play with a pet

Replace negative thoughts with positive

KINDNESS

Visualize a peaceful place

Practice optimism

Go for a jog

Break from electronics

STARGAZE

Reframe as challenges

Take A Walk



Close your eyes and breathe deep



Sit under a tree



Stop and look out the window



Get enough sleep

Read Inspirational Quoter



Help others or



Forgive yourself for mistakes



Take a bath/ Shower

101 Ways To Improve Self-Esteem

Be Proud Of Yourself

LEARN TO TOLERATE DISCOMFORT

Remind yourself it's okay if not everyone likes you

Practice good daily hygiene

eliminate SELF-CRITICISM
Set Healthy BOUNDARIES with others

Master a new skill
Take on CHALLENGES

PRACTICE MINDFULNESS

Discover your passions and purpose

DRINK PLENTY OF WATER

get GOOD sleep

Dress Nicely

Tell Yourself Positive Affirmations Such As:

- ★ I am grateful for every day
- ★ I am worthy of happiness and love
- ★ I am in charge of my own happiness
- ★ I love, respect, and believe in myself
- ★ I deserve to be happy and successful
- ★ I approve of myself, right here and now
- ★ I am learning and changing for the better
- ★ I accept 100% responsibility for my own life
- ★ Every day in every way, I am getting better and better
- ★ I can learn to accept the parts of myself that I don't like
- ★ I am thankful for my challenges as they make me a stronger person

STAY TRUE TO YOUR CHARACTER

Write down Three positives about each day

ENCOURAGE YOURSELF

GROOM YOURSELF

Be Optimistic

Spend time outside

Face your fears

Be Helpful and considerate to other

practice
● Self-Care
● Relaxation Techniques
● Being Assertive

Care about your appearance

Become a MENTOR

Celebrate Small VICTORIES

Go easy on yourself

Be a lifelong learner

WRITE A LIST OF YOUR STRENGTHS

Say mistakes are an opportunity to learn

Focus on SOLUTIONS not PROBLEMS

Start a new hobby or join a club/sport

Challenge Unkind Thoughts About Yourself

Think about what you learned from negative experiences

BE HONEST WITH YOURSELF AND OTHERS

Organize your personal space

CHANGE a small habit

DON'T GIVE UP

Be Kind & generous to others

Have a growth mindset

Limit Junk food

Eat Healthy

Seek balance in all areas of your life

Accept your flaws

Let go of Negative People

CHALLENGE NEGATIVE THINKING

Develop daily habits

TALK ABOUT YOUR FEELINGS WITH SOMEONE YOU TRUST

Spend time with positive and supportive PEOPLE

READ or watch something inspirational

Avoid perfectionism

Do something Creative

Set goals and work toward them step by step

GET STARTED on tasks you have been putting off

Write a List of Things You Like about yourself

Take Responsibility Instead of Blaming

Accept COMPLIMENTS

Focus on the things you have control over and can change

SHOW RESPECT TO YOURSELF AND OTHERS

Do at least one positive, enjoyable activity every day

PRACTICE GOOD POSTURE

NOTICE NEGATIVE THOUGHTS AND BELIEFS

NOTICE The Good Things

- ✗ Don't Procrastinate
- ✗ Don't Take things personal
- ✗ Don't Take too much on

Practice saying NO

List your accomplishments

Use problem-solving skills

DON'T WORRY ABOUT WHAT OTHERS THINK

RESOLVE conflict PEACEFULLY

COMPLETE A DAILY TASK LIST 100%

Welcome Failure as part of growth

TREAT YOURSELF WITH KINDNESS AND COMPASSION

Celebrate your successes

Do Something for yourself every day

Help or Support

Practice Gratitude

Create a Dreams List

SMILE

DON'T COMPARE YOURSELF WITH OTHERS

Practice Coping Skills to manage stress & big emotions

Challenge your limiting beliefs

Make a collage with your talents, goals, and dreams

DO RANDOM ACTS OF KINDNESS

101 Ways To Achieve Success



Make The Best of your situation

Care about others

The Best



LAUGH



Embrace failure

Dedicated
Determined Patient
Creative Humble Polite
Persistent Respectful



ACCEPT CHALLENGES



Stay away from Drama

Take **RESPONSIBILITY** For your actions



Be a Life-long Learner

be kind to yourself



Believe in yourself

Make no excuses
Don't let failures stop you

Read inspiring quotes and stories



Travel to expand your horizons

Eat Well

Exercise

Focus On Solutions

Be a problem solver

get rid of

~~DISTRACTIONS~~

Let go of

Negative Thoughts

self-criticism

Stay true to your values



WORK HARD

Take one step at a time

Get out of your Comfort zone

Use to-do lists

Growth zone



Use positive coping skills

FIND THE HUMOR

Pursue Happiness

WRITE DOWN YOUR THOUGHTS TO CLEAR YOUR MIND

always be grateful



Be self-disciplined

ASK For Help



Find a mentor

Focus on STRENGTHS

work on WEAKNESSES

Practice Stress Management Techniques

learn from past mistakes

Follow Daily Routines

Give Yourself a



Practice self-care

Forgive and Move Forward

Never Stop IMPROVING Yourself



PEP TALK

BE HONEST AND TRUSTWORTHY

SET LONG-TERM SHORT-TERM GOALS

DON'T PROCRASTINATE

Get good sleep

Develop

help others

Manage your money well



Take breaks when you need them



Don't be afraid to take risks

Self-confidence Social skills

Be a Leader

not a follower

BE ON TIME

Visualize yourself being successful

Learn from everyone you meet



Don't put tasks off until tomorrow

"YES"

to new experiences



Influence others positively

Let Go of Negative People

STAY open-minded

Give your full effort

show up every day

Expect SUCCESS



Develop a Good Character

DON'T Give up take things personally



Be A Team Player



a positive attitude

Control Your Emotions



Express Your Emotions

Embrace Change

101 Calm Down Strategies For Kids

- 1) Ask a friend to play
- 2) Ask for help if you need it
- 3) Blow a pinwheel
- 4) Blow bubbles
- 5) Build something
- 6) Clean or organize your room
- 7) Close your eyes and breathe deep
- 8) Color
- 9) Count backwards from 50
- 10) Count to 10 or 100
- 11) Cuddle up with a cozy blanket
- 12) Dance
- 13) Do a puzzle
- 14) Do a wall sit for as long as you can
- 15) Do a word search
- 16) Do fifty arm circles
- 17) Doodle on paper
- 18) Do origami
- 19) Draw
- 20) Eat a healthy snack
- 21) Exercise
- 22) Feel your pulse
- 23) Get a back scratch
- 24) Get a drink of water
- 25) Get or give a hug
- 26) Get up and move around
- 27) Go for a walk
- 28) Go swimming
- 29) Go to a park
- 30) Go to a quiet place
- 31) Hug a pillow or stuffed animal
- 32) Jump up and down for a minute
- 33) Listen to a guided meditation for kids
- 34) Listen to an audio book
- 35) Listen to music
- 36) List five things you can see
- 37) List four things you can feel
- 38) List one thing you like to taste
- 39) List three things you can hear
- 40) List two things you can smell
- 41) Look at animal pictures
- 42) Look at a picture of a peaceful place
- 43) Look at photos
- 44) Look at stars
- 45) Look out the window
- 46) Paint
- 47) Pet an animal
- 48) Play a board game
- 49) Play a card game
- 50) Play a sport
- 51) Play "I Spy"
- 52) Play music on an instrument
- 53) Play with Legos
- 54) Practice Yoga
- 55) Push your palms together
- 56) Read a book
- 57) Read jokes or comics
- 58) Ride a bike
- 59) Rip up newspaper
- 60) Rock back and forth
- 61) Run around outside
- 62) Run in place
- 63) Sing a song
- 64) Smell your favorite scents
- 65) Spend time in nature
- 66) Square breathing
- 67) Squeeze a stress ball
- 68) Squeeze clay or play-doh
- 69) Stretch
- 70) Swing
- 71) Take a break
- 72) Take a break from electronics
- 73) Take a bubble bath
- 74) Take a nap
- 75) Take a warm bath or shower
- 76) Take three deep belly breaths
- 77) Talk to someone you trust
- 78) Tell yourself Be calm, be calm
- 79) Tell yourself I am cool and calm
- 80) Tell yourself I can deal with this
- 81) Tell yourself I can get help if I need it
- 82) Tell yourself I got this
- 83) Tell yourself I'm in control of myself
- 84) Tell yourself I'm letting this one go
- 85) Tell yourself I'm strong I can handle this
- 86) Tell yourself I won't let this problem get me down
- 87) Tell yourself Relax it's okay
- 88) Tell yourself Time out I'm taking a walk
- 89) Tense and relax your muscles
- 90) Think happy thoughts
- 91) Think of something funny
- 92) Use a weighted blanket
- 93) Visualize yourself calming down
- 94) Watch a movie
- 95) Watch the clouds go by
- 96) Write a list of your top ten coping skills
- 97) Write a story
- 98) Write down three things you are grateful for
- 99) Write down your feelings
- 100) Write in a journal
- 101) Yell into a pillow

101 Coping Skills For Teens

- 1) Bake
- 2) Blow bubbles
- 3) Brainstorm solutions
- 4) Build something
- 5) Call a friend
- 6) Clean or organize your bedroom
- 7) Close your eyes and relax
- 8) Color
- 9) Compliment someone
- 10) Cook dinner for your family
- 11) Count to 100 or 1000
- 12) Cry it out
- 13) Dance
- 14) Daydream
- 15) Do a puzzle
- 16) Do a word search puzzle
- 17) Don't be so hard on yourself
- 18) Draw
- 19) Drink hot tea
- 20) Eat healthy foods
- 21) Engage in a hobby
- 22) Exercise
- 23) Feel your pulse
- 24) Forgive someone
- 25) Garden
- 26) Get a drink of water
- 27) Get a good night's sleep
- 28) Get a hug
- 29) Get out in the sun
- 30) Get up and move around
- 31) Go fishing
- 32) Go for a brisk walk
- 33) Go for a hike
- 34) Go for a jog
- 35) Go swimming
- 36) Go to a movie
- 37) Go to a park
- 38) Go to the library
- 39) Laugh
- 40) Learn something new
- 41) Limit caffeine
- 42) Listen to birds
- 43) Listen to music
- 44) List your positive qualities
- 45) Make a collage
- 46) Massage your neck and shoulders
- 47) Meditate
- 48) Paint outside
- 49) Pet an animal
- 50) Play a card game
- 51) Play a sport
- 52) Play music on an instrument
- 53) Practice mindfulness
- 54) Practice tai chi or qi gong
- 55) Practice yoga
- 56) Read inspirational quotes
- 57) Replace negative thoughts with positive thoughts
- 58) Ride a bike
- 59) Rip up newspaper
- 60) Say YES to social opportunities
- 61) Sing a song
- 62) Spend time in nature
- 63) Squeeze ice
- 64) Stargaze
- 65) Stretch
- 66) Take a break
- 67) Take a cold shower
- 68) Take a nap
- 69) Take a warm bath
- 70) Take pictures
- 71) Take three deep belly breaths
- 72) Talk to someone you trust
- 73) Tell yourself I can be patient in this moment
- 74) Tell yourself I can find the humor here
- 75) Tell yourself I can handle this
- 76) Tell yourself I got this
- 77) Tell yourself I have faith this will work out
- 78) Tell yourself I'm in control of myself
- 79) Tell yourself I'm letting this one go
- 80) Tell yourself I'm not going to let this get to me
- 81) Tell yourself relax it's okay
- 82) Tell yourself something good will come from this
- 83) Tell yourself what can I learn from this situation?
- 84) Tense and relax your muscles
- 85) Think of a peaceful place
- 86) Think of three things you are grateful for
- 87) Unplug from electronics
- 88) Use a relaxation app
- 89) Use a stress ball
- 90) Use essential oils
- 91) Visualize yourself calming down
- 92) Volunteer
- 93) Watch an inspirational movie
- 94) Watch funny YouTube videos
- 95) Watch the sunset
- 96) Write a letter
- 97) Write a list of your top ten coping skills
- 98) Write a poem
- 99) Write down current and future goals
- 100) Write in a journal
- 101) Yell into a pillow

101 Self-Care Activities For Kids And Teens

1. Go on a bike ride
 2. Read a good book
 3. Listen to an audiobook
 4. Cook a good meal
 5. Draw or paint
 6. Do a puzzle
 7. Watch inspirational movies
 8. Drink tea or hot chocolate
 9. Play a game with friends
 10. Snuggle up in a warm blanket
 11. Meditate
 12. Spend time with a friend
 13. Go for a walk
 14. Make your bed
 15. Eat healthy
 16. Do yoga
 17. Follow daily routines
 18. Problem solve
 19. Share your feelings with someone.
 20. Clean or organize your room/backpack
 21. Save your money
 22. Play brain games
 23. Research a subject of interest
 24. Make a gratitude list
 25. Read inspirational quotes
 26. Deep belly breathing
 27. Stretch
 28. Write notes to people you love
 29. Go to the park
 30. Drink a glass of water
 31. Play with a pet
 32. Run around outside
 33. Stargaze
 34. Get or give a hug
 35. Call a friend or family member
 36. Garden
 37. Watch a favorite show
 38. Laugh
 39. Exercise
 40. Craft something
 41. Get good sleep
 42. Shower or take a bath
 43. Do something fun
 44. Be active
 45. Practice stress management techniques
 46. Move Your Body
 47. Take a nap
 48. Listen to uplifting music
 49. Unplug from electronics
 50. Join a club/sport
 51. Complete a daily to-do list
 52. Forgive yourself and others
 53. Help others or volunteer
 54. Make self-care a priority
 55. Be kind to yourself and others
 56. Encourage yourself
 57. Spend time in nature
 58. Use positive self-talk to challenge negative thoughts
 59. Use grounding techniques
 60. Focus on what you can control, let go of what you can't
 61. Listen to instrumental music
 62. Practice self-compassion
 63. Learn new things
 64. Set and work toward goals
 65. Discover your passions
 66. Spend time with positive people
 67. Focus on strengths and improve your weaknesses
 68. Take alone time when you need it
 69. Journal your thoughts/feelings
 70. Write out your values
 71. Eat three meals each day
 72. Brush your teeth
 73. Spend time with your family
 74. Rest
 75. Take time to relax
 76. Do something nice for someone
 77. Mindfulness
 78. Get some fresh air
 79. Go out in the sun
 80. Do a hobby
 81. Practice good hygiene
 82. Dance
 83. Swim
 84. Pray
 85. Use positive coping skills
 86. Maintain a positive attitude
 87. Practice optimism
 88. Practice self-love
 89. Lie outside & look for shapes in the clouds
 90. Smile
- Say positive self-care affirmations such as:
- 91) I can be kind to myself
 - 92) I accept and love myself
 - 93) I respect myself and others
 - 94) I let go of what I cannot change
 - 95) I forgive myself for my mistakes
 - 96) I strive to get better, not perfect
 - 97) I learn from mistakes and failures
 - 98) I can do anything I put my mind to
 - 99) It's okay to ask for help when I need it
 - 100) One bad day does not make me a bad person
 - 101) Every day in every way, I am getting better and better

101 Stress Relievers For Kids And Teens

- 1) Deep belly breathing
 - 2) Enjoy nature
 - 3) Practice mindfulness
 - 4) Exercise
 - 5) Share your feelings
 - 6) Color
 - 7) Listen to music
 - 8) Take a bath/shower
 - 9) Play with a pet
 - 10) Meditate
 - 11) Organize your room
 - 12) Read a book
 - 13) Essential oils
 - 14) Play a game
 - 15) Cook a meal
 - 16) Watch a comedy
 - 17) Make a gratitude list
 - 18) Tense & relax your muscles
 - 19) Garden
 - 20) Stretch
 - 21) Cry it out
 - 22) Get enough sleep
 - 23) Squeeze a stress ball
 - 24) Play an instrument
 - 25) Ask for help
 - 26) Use problem solving skills
 - 27) Eat healthy food
 - 28) Limit caffeine and sugar
 - 29) Take a walk
 - 30) Take a break
 - 31) Spend time with friends
 - 32) Watch a movie
 - 33) Visualize a peaceful place
 - 34) Write in a journal
 - 35) Talk to a trusted adult
 - 36) Drink water
 - 37) Bake
 - 38) Get out in the sun
 - 39) Grounding techniques
 - 40) Break from electronics
 - 41) Enjoy a hobby
 - 42) Take a nap
 - 43) Do yoga
 - 44) Listen to an audiobook
 - 45) Draw or doodle
 - 46) Paint
 - 47) Avoid negative people
 - 48) Use time wisely
 - 49) Follow daily routines
 - 50) Reframe problems as challenges
 - 51) Practice optimism
 - 52) Dance
 - 53) Sing
 - 54) Laugh
 - 55) Massage your neck/shoulders
 - 56) Replace negative thoughts with positive
 - 57) Move your body
 - 58) Play a sport
 - 59) Build something
 - 60) Write a story
 - 61) Help others or volunteer
 - 62) Write out your thoughts/feelings
 - 63) Let the little things go
 - 64) Do something artistic
 - 65) Close your eyes and breathe deep
 - 66) Apologize for a mistake
 - 67) Do a wordsearch puzzle
 - 68) Forgive yourself for mistakes
 - 69) Watch TV
 - 70) Do one thing at a time
 - 71) Daydream
 - 72) Stop and look out the window
 - 73) Go on a hike
 - 74) Walk barefoot in the grass
 - 75) Forgive someone
 - 76) Stargaze
 - 77) Watch a cloud for 5 minutes
 - 78) Watch an insect for 5 minutes
 - 79) Watch the sunrise or sunset
 - 80) Do a random act of kindness
 - 81) Fly a kite
 - 82) Go for a jog
 - 83) Go swimming
 - 84) Do something fun
 - 85) Visualize yourself achieving your goals
 - 86) Read inspirational quotes
 - 87) Go to the park
 - 88) Eat a snow cone or shaved ice
 - 89) Sit under a tree
 - 90) Listen to birds
 - 91) Ride a bike
 - 92) Get or give a hug
- Say positive affirmations such as:
- 93) Relax, it's okay
 - 94) I can find the humor here
 - 95) Time out, I'm taking a walk
 - 96) I have faith this will work out
 - 97) I'm strong, I can deal with this
 - 98) Good time to count to 10, or 100
 - 99) Something good can come of this
 - 100) I can be patient in this moment
 - 101) Yes, it's uncomfortable, and I can manage

101 Ways To Improve Self-Esteem

- 1) Master a new skill
- 2) List your accomplishments
- 3) Do something creative
- 4) Challenge your limiting beliefs
- 5) Talk to a counselor
- 6) Don't worry about what others think
- 7) Read or watch something inspirational
- 8) Stay true to your character
- 9) Let go of negative people
- 10) Set healthy boundaries with others
- 11) Care about your appearance
- 12) Welcome failure as part of growth
- 13) Be a lifelong learner
- 14) Face your fears
- 15) Become a mentor
- 16) Accept compliments
- 17) Eliminate self-criticism
- 18) Practice coping skills to manage stress and big emotions
- 19) Notice negative thoughts and beliefs
- 20) Challenge negative thinking
- 21) Think about what you learned from negative experiences
- 22) Practice gratitude
- 23) Exercise
- 24) Eat healthy and limit junk food
- 25) Get good sleep
- 26) Spend time with positive and supportive people
- 27) Encourage yourself
- 28) Write a list of your strengths
- 29) Don't compare yourself to others
- 30) Avoid perfectionism
- 31) Do at least one positive, enjoyable activity every day
- 32) Celebrate small victories
- 33) Be helpful and considerate to others
- 34) Be honest with yourself and others
- 35) Accept your flaws
- 36) Don't give up
- 37) Practice self-care
- 38) Go easy on yourself
- 39) Practice being assertive
- 40) Practice saying "No"
- 41) Practice relaxation techniques
- 42) Take on challenges
- 43) Volunteer to help others
- 44) Forgive others and yourself
- 45) Set goals and work toward them step by step
- 46) Seek balance in all areas of your life
- 47) Discover your passions and purpose
- 48) Groom yourself
- 49) Dress nicely
- 50) Be kind and generous to others
- 51) Practice good posture
- 52) Change a small habit
- 53) Smile
- 54) Don't procrastinate
- 55) Don't take things personal
- 56) Organize your personal space
- 57) Challenge unkind thoughts about yourself
- 58) Spend time outside
- 59) Notice the good things
- 60) Celebrate your successes
- 61) Write a list of things you like about yourself
- 62) Don't take too much on
- 63) Do something for yourself every day
- 64) Develop daily habits
- 65) Remind yourself it's okay if not everyone likes you
- 66) Practice mindfulness
- 67) Learn to tolerate discomfort
- 68) Use problem-solving skills
- 69) Take responsibility instead of blaming
- 70) Tell Yourself Positive Affirmations Such As:
 - 70) I am grateful for every day
 - 71) I am worthy of happiness and love
 - 72) I am in charge of my own happiness
 - 73) I love, respect, and believe in myself
 - 74) I deserve to be happy and successful
 - 75) I approve of myself, right here and now
 - 76) I am learning and changing for the better
 - 77) I accept 100% responsibility for my own life
 - 78) Every day in every way, I am getting better and better
 - 79) I can learn to accept the parts of myself that I don't like
 - 80) I am thankful for my challenges as they make me a stronger person
- 81) Write down three positives about each day
- 82) Make a collage with your talents, goals, and dreams
- 83) Practice laughing
- 84) Be proud of yourself
- 85) Say mistakes are an opportunity to learn
- 86) Show respect to yourself and others
- 87) Resolve conflict peacefully
- 88) Ask for help or support
- 89) Complete a daily task list
- 90) Have a growth mindset
- 91) Be optimistic
- 92) Treat yourself with kindness and compassion
- 93) Focus on the things you have control over and can change
- 94) Get started on tasks you have been putting off
- 95) Practice good daily hygiene
- 96) Focus on solutions not problems
- 97) Talk about your feelings with someone you trust
- 98) Drink plenty of water
- 99) Start a new hobby or join a club/sport
- 100) Do random acts of kindness
- 101) Create a dreams list

101 Ways To Achieve Success

- 1) Dream big
- 2) Make the best of your situation
- 3) Set long-term goals
- 4) Set short-term goals
- 5) Let go of negative thoughts
- 6) Believe in yourself
- 7) Look for the good
- 8) Let go of self-criticism
- 9) Care about others
- 10) Smile
- 11) Learn from everyone you meet

- BE: 12) Dedicated 13) Determined 14) Creative 15) Persistent 16) Patient 17) Polite 18) Respectful 19) Humble

- 20) Accept challenges
- 21) Accept others
- 22) Take responsibility for your actions
- 23) Make no excuses
- 24) Be a team player
- 25) Travel to expand your horizons
- 26) Stay away from drama
- 27) Face your fears
- 28) Control your emotions
- 29) Express your emotions
- 30) Be kind to yourself
- 31) Help others
- 32) Be a life-long learner
- 33) Embrace failure
- 34) Discover your purpose
- 35) Show up every day
- 36) Focus on solutions
- 37) Be a problem solver
- 38) Give your full effort
- 39) Laugh
- 40) Take one step at a time
- 41) Always be grateful
- 42) Be assertive
- 43) Don't be afraid to be a beginner
- 44) Ask questions
- 45) Ask for help
- 46) Never stop improving yourself
- 47) Work hard
- 48) Be on time

- 49) Reward yourself
- 50) Make time for fun and play
- 51) Be a good listener
- 52) Find the humor
- 53) Discover your passion
- 54) Find a mentor
- 55) Give yourself a pep talk
- 56) Forgive and move forward
- 57) Learn from past mistakes
- 58) Focus on strengths, work on weaknesses
- 59) Don't take things personally
- 60) Don't give up
- 61) Read inspiring quotes and stories
- 62) Be honest and trustworthy
- 63) Use positive coping skills
- 64) Live life to the fullest
- 65) Practice stress management techniques
- 66) Expect success
- 67) Take breaks when you need them
- 68) Manage your money well
- 69) Influence others positively
- 70) Value relationships
- 71) Embrace change
- 72) Find time to relax
- 73) Don't procrastinate
- 74) Let go of negative people
- 75) Pursue happiness
- 76) Stay true to your values
- 77) Develop a good character
- 78) Maintain a positive attitude
- 79) Be a leader, not a follower
- 80) Read
- 81) Use to-do lists
- 82) Don't be afraid to take risks
- 83) Spend time with positive and successful people
- 84) Be self-disciplined
- 85) Take initiative
- 86) Practice self-care
- 87) Exercise
- 88) Visualize yourself being successful
- 89) Follow daily routines
- 90) Don't overthink things
- 91) Get rid of distractions
- 92) Don't put tasks off until tomorrow
- 93) Get out of your comfort zone

- 94) Stay open-minded
- 95) Write down your thoughts to clear your mind
- 96) Develop self-confidence
- 97) Develop social skills
- 98) Say "Yes" to new experiences
- 99) Don't let failures stop you
- 100) Eat well
- 101) Get good sleep