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## What's In Your Toolbox?



 N W G L V G N I R U O L O C J N U U H S W I V I U









 T M T M P A J J T I F F W A R D R F I T F A A
 J X E O M $\quad$ J $\quad$ I








| do breathing exercises | go to the library | listen to music |
| :--- | :--- | :--- |
| take pictures | watch a movie | call someone |
| mow the lawn | walk the dog | do a puzzle |
| take a walk | bicycling | colouring |
| yard work | exercise | meditate |
| playing | baking | crafts |
| shovel | clean | dance |
| write | draw | yoga |

