

# Getting to Green

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|--|--|---|
| <input type="checkbox"/> Complete a puzzle                 | <input type="checkbox"/> Think positive thoughts   | <input type="checkbox"/> Laugh                                |
| <input type="checkbox"/> Make a snow angel                 | <input type="checkbox"/> Read a comic strip        | <input type="checkbox"/> Take a long bath                     |
| <input type="checkbox"/> Knit a scarf                      | <input type="checkbox"/> Give a compliment         | <input type="checkbox"/> Watch a movie                        |
| <input type="checkbox"/> Throw a penny into a wishing well | <input type="checkbox"/> Drink a cup of hot cocoa  | <input type="checkbox"/> Hang out with friends                |
| <input type="checkbox"/> Play an instrument                | <input type="checkbox"/> Get lost in a book        | <input type="checkbox"/> Bake cookies                         |
| <input type="checkbox"/> Send an email to a friend         | <input type="checkbox"/> Cuddle with your pet      | <input type="checkbox"/> Stretch                              |
| <input type="checkbox"/> Walk along the beach              | <input type="checkbox"/> Read a story to a child   | <input type="checkbox"/> Hug someone you care about           |
| <input type="checkbox"/> Find a four leaf clover           | <input type="checkbox"/> Play a video game         | <input type="checkbox"/> Take a nap                           |
| <input type="checkbox"/> Make a scrapbook                  | <input type="checkbox"/> Find a constellation      | <input type="checkbox"/> Appreciate the little things in life |
| <input type="checkbox"/> Say a prayer                      | <input type="checkbox"/> Smell some flowers        | <input type="checkbox"/> Listen to music                      |
| <input type="checkbox"/> Call your best friend             | <input type="checkbox"/> Exercise                  | <input type="checkbox"/> Do a kind gesture                    |
| <input type="checkbox"/> Write in a journal                | <input type="checkbox"/> Smile at a stranger       | <input type="checkbox"/> Make up a song                       |
| <input type="checkbox"/> Meditate                          | <input type="checkbox"/> Volunteer                 | <input type="checkbox"/> Eat a piece of candy                 |
| <input type="checkbox"/> Send a "thank you" card           | <input type="checkbox"/> Dance in the rain         | <input type="checkbox"/> Go on a hike                         |
| <input type="checkbox"/> Review a photo album              | <input type="checkbox"/> Take a photo              |   |
| <input type="checkbox"/> Organize your desk                | <input type="checkbox"/> Practice forgiveness      |   |
|  | <input type="checkbox"/> Help your neighbor garden |   |

## Other ways of Getting to Green:

_____	_____
_____	_____
_____	_____
_____	_____

# Getting to Green

*When feelings get overwhelming, it can be hard to stop and figure out what strategy to use to get to the green. Using your list from the previous page, pick out strategies you like and determine the best time to use them. For example when we feel in the red, the best strategy might be exercising or writing in a journal. When we feel in the yellow, we might prefer baking cookies or watching a movie. Don't forget to identify the activities you can do when you're in the green to help keep you there!*

