

What can I do?

REST



- Take a break



- Ask for help



- Talk to someone



- Jump up and down 5x

I can also...?

What can I do?

GO



- Problem solve



- Finish tasks



- Help others



- Share ideas

I can also...?

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What can I do?

SLOW DOWN



- Take deep breaths



- Talk to someone



- Go for a short walk



- Change tasks

I can also...?

What can I do?

STOP



- Take a break



- Run a lap



- Squeeze a stress ball



- Drink cold water

I can also...?