

GREEN Cards — Movement & Action

Print on GREEN paper or cardstock
Cut along the dashed lines • Put in your Regulation Bowl

Walk around the block

Do 10 jumping jacks

Stretch for 5 minutes

Dance to one song

Shake your whole body out

Do 5 gentle yoga poses

March in place for 2 minutes

Go up and down the stairs 3 times

Do arm circles for 1 minute

Touch your toes 10 times

Bounce on your toes

Do wall push-ups (5-10)

BLUE Cards — Calm & Soothing

Print on BLUE paper or cardstock

Cut along the dashed lines • Put in your Regulation Bowl

Notice your breathing for 2 minutes

Hold an ice cube in your hand

Splash cold water on your face

Listen to one calming song

Pet your animal for 5 minutes

Look out the window and just notice

Lie down with your eyes closed (5 min)

Hum or make soothing sounds

Put your hand on your heart and breathe

Drink a glass of cold water slowly

Sit in the sun (or by a window) for 5 min

Listen to nature sounds for 5 minutes

YELLOW Cards — Productivity & Completion

Print on **YELLOW** paper or cardstock
Cut along the dashed lines • Put in your Regulation Bowl

Wash 5 dishes

Clear off one surface

Make your bed

Water one plant

Take out the trash

Send one email you've been avoiding

Put away 5 things that are out of place

Wipe down the bathroom counter

Fold one load of laundry

Pay one bill

Delete 10 old emails

Organize one drawer

ORANGE Cards — Creativity & Learning

Print on ORANGE paper or cardstock
Cut along the dashed lines • Put in your Regulation Bowl

Doodle for 5 minutes	Do one crossword puzzle	Play Wordle or a word game
Listen to 10 min of a podcast	Read one chapter of a book	Write 5 sentences about anything
Color or draw simple shapes	Look up one thing you're curious about	Watch one TED talk
Learn 3 words in a new language	Try a new recipe (simple!)	Rearrange something in your space