🟢 GREEN Cards — Movement & Action

Print on green paper or cardstock (or white paper — the background color here will print)
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 (or white paper — the background color here will print)
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 (or white paper — the background color here will print)
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 (or white paper — the background color here will print)
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**