

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**