Going to bed at a sensible time to get enough sleep at night	Allowing enough time to do homework in	Expressing feelings
Drinking energy drinks	Having an internet/ phone free day	Reading a good story
Watching tv or favourite films	Eating lots of sweets	Helping someone you notice needs help
Practising mindfulness	Punching a pillow	Talking to a trusted adult
Chatting to a friend	Going to the dentist	Haircut and style
Volunteering to help	Smoking	Taking deep breaths
Learning something new	Tidying up	Walking to school