

# EMOTION REGULATION

BUILD UP DAILY POSITIVE EXPERIENCES

## ENGAGE IN PLEASANT EVENTS

**What do you like to do? Make your own list:**

- Go swimming
- Exercise
- Watch a movie
- Call a friend
- Go for a walk
- Ride a bike
- Play a game
- Make something yummy to eat
- Go to the park
- Write in a journal or diary
- Organize your closet
- Go shopping
- Get your nails done
- Take a bubble bath
- Draw a picture or paint
- Listen to music
- Make music