

Getting to Green for Teens

"Green" is the place where you feel comfortable, relaxed, calm, and at peace.

There are lots of ways to calm down or 'get to green' when you are feeling upset or stressed. Try out some of the activities on this list to see what works best for you. Consider adding a few of your own favorites that might not be included.

- **Complete a puzzle**
- **Make a snow angel**
- **Knit a scarf**
- **Throw a penny into a wishing well**
- **Play an instrument**
- **Send an email to a friend**
- **Walk along the beach**
- **Find a four leaf clover**
- **Make a scrapbook**
- **Say a prayer**
- **Call your best friend**
- **Write in a journal**
- **Meditate**
- **Send a "thank-you" card**
- **Review a photo album**
- **Organize your desk**
- **Think positive thoughts**
- **Read a comic strip**
- **Give a compliment**
- **Drink a cup of hot cocoa**
- **Get lost in a book**
- **Cuddle with your pet**
- **Read a story to a child**
- **Play a video game**
- **Find a constellation**
- **Smell some flowers**
- **Exercise**
- **Smile at a stranger**
- **Volunteer**
- **Dance in the rain**
- **Take a photo**
- **Practice forgiveness**
- **Help your neighbor garden**
- **Laugh**
- **Take a long bath**
- **Watch a movie**
- **Hang out with friends**
- **Bake cookies**
- **Stretch**
- **Hug someone you care about**
- **Take a nap**
- **Appreciate the little things in life**
- **Listen to music**
- **Do a kind gesture**
- **Make up a song**
- **Eat a piece of candy**
- **Go on a hike**
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