

# Coggi's Tic Tac Toe

Start with the activity in the center square.

Then choose two more activities in a row (across, down, or diagonal) to complete your Tic Tac Toe.

You can write or draw your answers. Take your time and have fun!

<p><b>Write or draw 5 things you love about yourself</b></p>	<p><b>Sit quietly for 1 minute and notice 3 sounds</b></p>	<p><b>Write what you can do when you feel angry</b></p>
<p><b>Stretch your body for 30 seconds</b></p>	 <p><b>Write or draw 5 things you're grateful for</b></p>	<p><b>Write something kind you can do for someone today</b></p>
<p><b>Spend 10 minutes doing something you're good at</b></p>	<p><b>Count slowly to 10 before speaking</b></p>	<p><b>Draw a poster of something you want to change in the world</b></p>