

LITTLE COMFORT

Bingo

Play one
comfort song

Stretch neck
and shoulders

Tidy one tiny
spot for 2
minutes

Write 3 lines in
a journal

Have a gentle
snack you
enjoy

Set a
30-minute
no-phone
timer

Watch the
clouds or the
sky for 2
minutes

Sort 10 small
things by color

Give your
worry a silly
nickname

Open a random
book; take one
sentence as a
gentle hint

Rinse your
hands with
warm water
(mini spa)

Put a sticky
note that says
“breathe”
where you’ll
see it

Read a
poem

Rename today
“Little-
Comforts Day”
in your
calendar

Find a comfort
quote

Pet an animal
or hold a plush