



Phoenix House  
Rising Above Addiction

## **STRESS AND ANXIETY MANAGEMENT: ACTIVITIES FOR BOTH KIDS AND PARENTS**

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- **CHORES AND USEFUL TASKS** (such as Cleaning, Cooking, Dishwashing, Ironing, Sewing).
- **EXERCISES** (such as Jogging, Swimming, Walking, Dancing, Stretching or Aerobic Exercises, Shadow Boxing, Skipping Rope, Yoga, Weightlifting).
- **FOOD ACTIVITIES** (such as Baking, Cooking, Barbecuing, Preparing Gourmet Meals, Shopping for Food).
- **GAMES** (such as Bridge, Checkers, Chess, Go, Jigsaw Puzzles, Monopoly, Poker, Pinochle, Scrabble, Crosswords, Anagrams).
- **GRAPHIC ARTS** (such as Cartooning, Drawing, Lettering, Mechanical Drawing, Painting, Photography, Silkscreening).
- **HANDICRAFT ACTIVITIES** (such as Basketmaking, Bookbinding, Crocheting, Embroidering, Knitting, Leatherworking, Dressmaking, Decoupage, Needlepoint).
- **HUMOROUS ACTIVITIES** (such as Cartooning, Improvisation Games, Charades, Jesting, Joke-making, Playing Practical Pranks and Jokes, Punning).
- **MARTIAL ARTS** (Akido, Jujitsu, Judo, Karate, Fencing, Wrestling).
- **OUTDOORS ACTIVITIES AND SPORTS** (such as Birdwatching, Gardening, Crabbing, Fishing, Canoeing, Sailing, Hunting, Walking, Ice-skating, Skiing, Rowing, Hiking).
- **PERFORMING ARTS** (such as Dancing, Ballet, Mime, Acting, Improvisation, Modern Dance, Tap Dance, Singing).
- **PERSONAL GROWTH** (Self-help Books, Workshops, Lectures, Skills-learning, Career Development).
- **READING** (Fiction, Novels, Plays, Poems, Nonfiction).
- **SCIENTIFIC ACTIVITIES** (such as Anatomy, Biology, Herpetology, Physics, Medicine, Zoology, Anthropology, Psychology, Sociology).
- **SOCIALIZING ACTIVITIES** (such as Conversing, Group Activities, Attending or Giving Parties, Rap Sessions).
- **SPECTATING** (watching Movies, Plays, Sports, Pageants, Circuses).
- **SPORTS** (such as Baseball, Basketball, Golf, Gym, Football, Hockey, Dancing, Tennis, Skating, Running, Volleyball).
- **STUDYING ACADEMIC SUBJECTS** (such as Art History, History, Language, Math, Music, Science, Social Science).
- **TRADES AND CRAFTS** (such as Bricklayer, Builder, Carpenter, Foreman, Factory Worker, Gardener, Mechanic, Machinist, Police Officer).
- **VENTING FEELINGS** (such as Punching Pillows, Yelling, Talking, Writing, Expressing Good Feelings).