

# To Do To Go: Teens

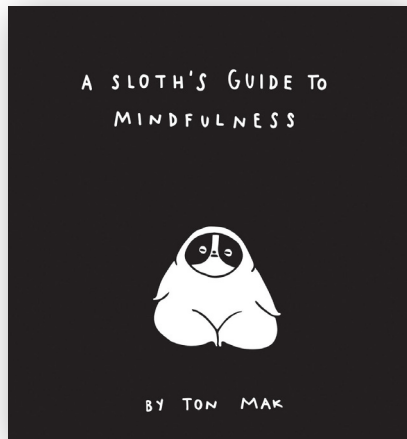
Try a new To Do To Go activity each month!

If you're feeling the stress,  
make your own stress ball and  
check out the books below!

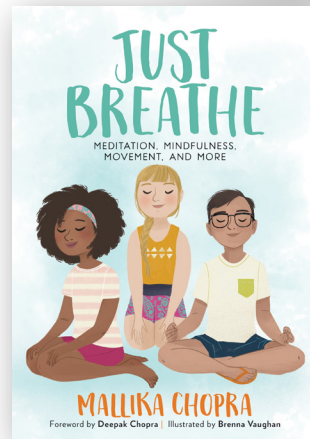


## DIY Stress Ball

1. Put about 1/3 cup fine bird seed in a sandwich bag. Form into a ball and twist the top closed.
2. Cut the stem off of two balloons.
3. Stretch the first balloon over the baggie of birdseed.
4. Stretch the second balloon over the first balloon making sure to cover all of the baggie.
5. Use a sharpie to decorate the outside of your stress ball.
6. Squeeze out your stress!

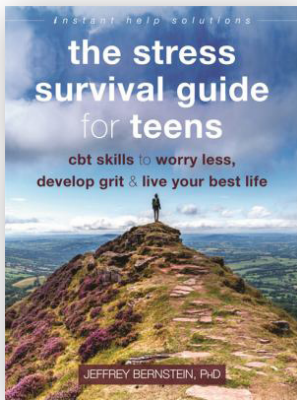


***A Sloth's Guide  
to Mindfulness***  
by Ton Mak

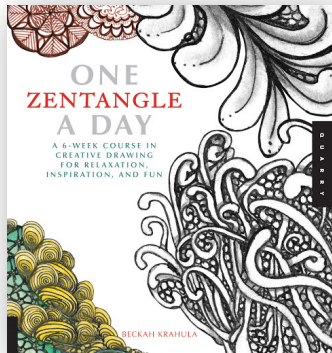


***Just Breathe:  
Meditation, Mindfulness,  
Movement, and More***  
by Mallika Chopra

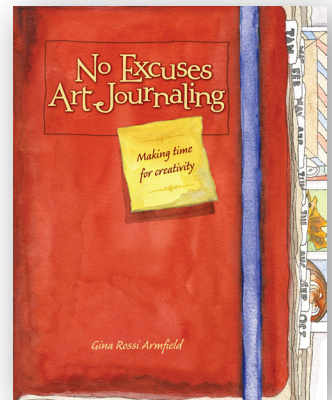
**More books  
on the back!**



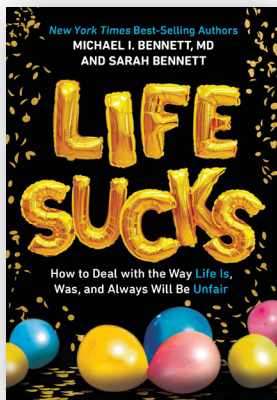
***The Stress Survival Guide for Teens: CBT Skills to Worry Less, Develop Grit, & And Live Your Best Life***  
by Jeffrey Bernstein



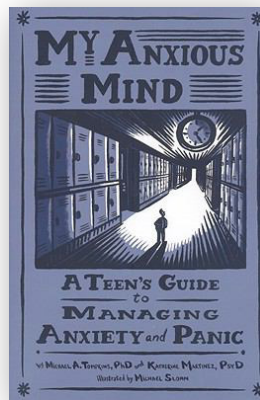
***One Zentangle A Day: A 6-week Course in Creative Drawing for Relaxation, Inspiration, and Fun***  
by Beckah Krahula



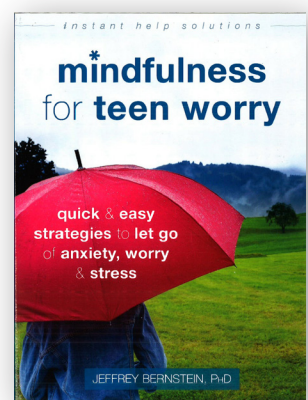
***No Excuses Art Journaling: Making Time for Creativity***  
by Gina Rossi Armfield



***Life Sucks: How to Deal With The Way Life Is, Was And Always Will Be Unfair***  
by Michael Bennett



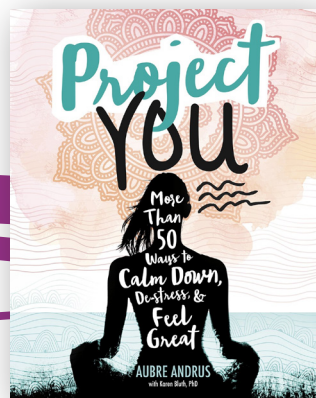
***My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic***  
by Michael Tompkins



***Mindfulness for Teen Worry: Quick & Easy Strategies to Let Go of Anxiety, Worry & Stress***  
by Jeffrey Bernstein



***Under Pressure: The Science of Stress***  
by Tanya Lloyd Kyi



***Project You: More Than 50 Ways to Calm Down, De-stress & Feel Great!***  
by Aubre Andrus