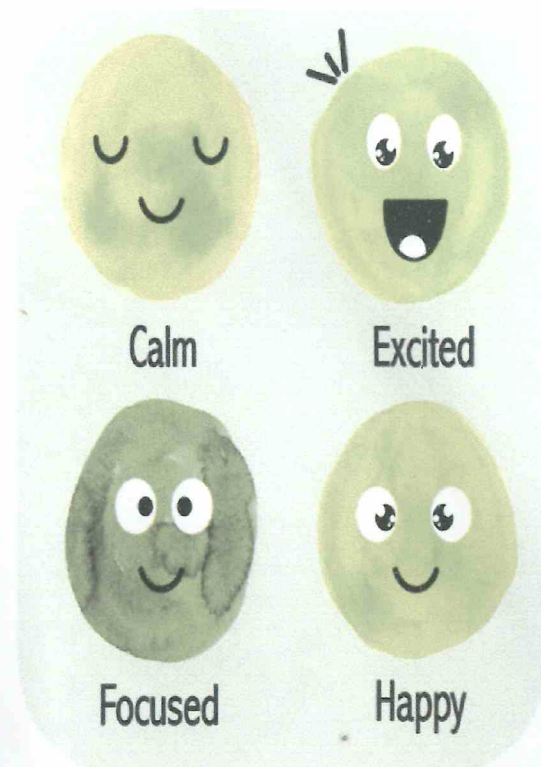


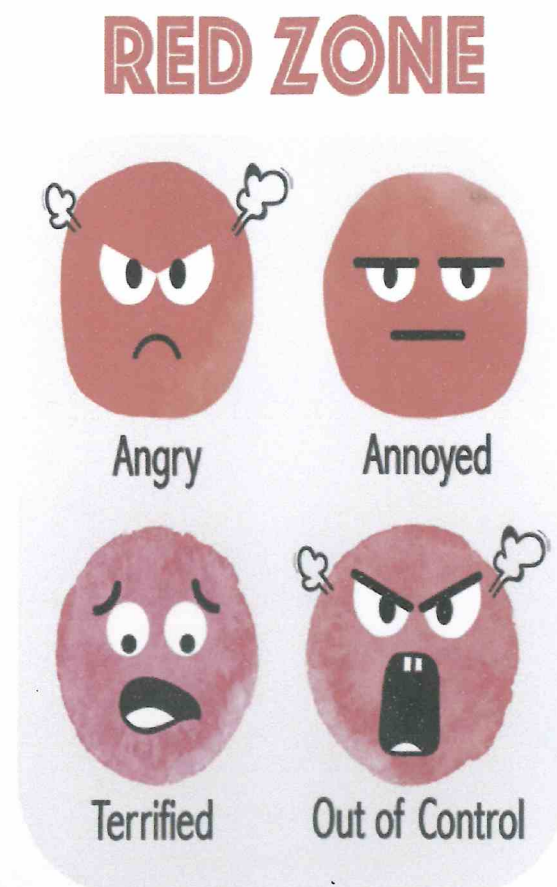
What **ZONE** Are You In?



GREEN ZONE

Strategies to help me are...

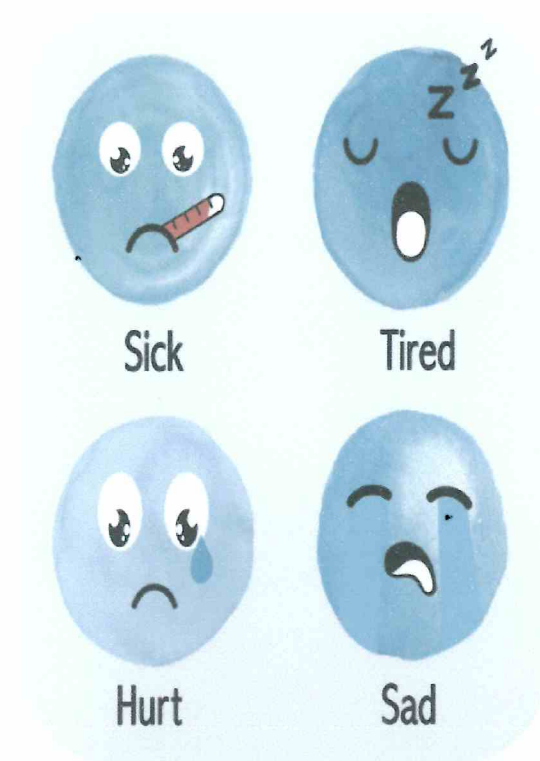
- 👍 Be aware if my feelings change
- 👍 Remembering my strategies for if I slip into another zone



RED ZONE

Strategies to help me are...

- 👍 Take a break
- 👍 Find a quiet space
- 👍 Take deep breaths
- 👍 Talk to a trusted adult

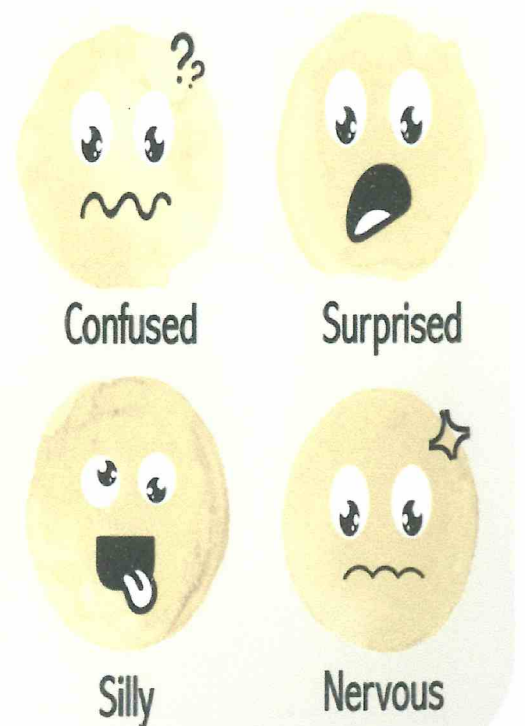


BLUE ZONE

Strategies to help me are...

- 👍 Stretch
- 👍 Do a seated brain break
- 👍 Get some fresh air
- 👍 Have a drink

YELLOW ZONE



Strategies to help me are...

- 👍 Take deep breaths
- 👍 Calm mountain
- 👍 Count back from 30
- 👍 Have a drink