

# ZONES

# Toolbox

## Blue Zone Tools

take a break  
hug  
read  
walk  
listen to music  
colour  
talk to an adult

## Green Zone Tools

drink water  
listening  
exercise  
play  
learn  
feel calm  
feel happy

## Yellow Zone Tools

talk to an adult  
ask for a hug  
jumping jacks  
take a break  
listen to music  
deep breathing  
count to 10  
fidget toy

## Red Zone Tools

run or walk  
push the wall  
talk to an adult  
ask for a hug  
take a break  
listen to music  
deep breathing  
count to 10