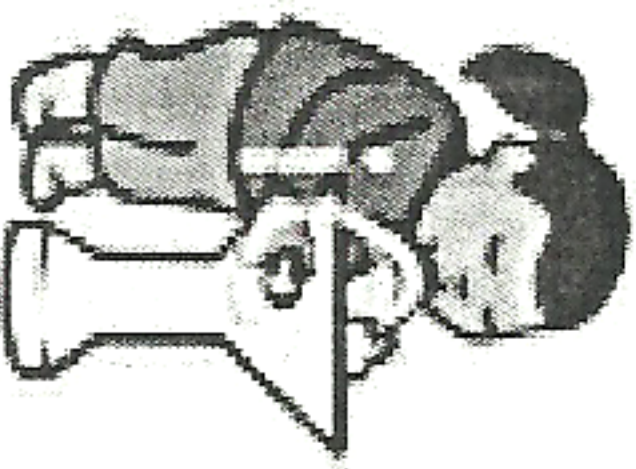
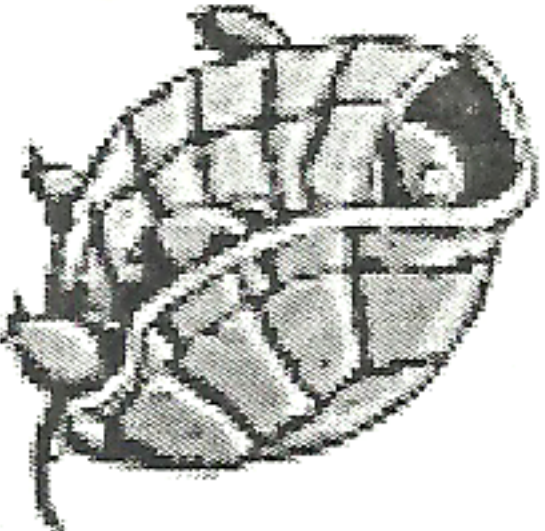
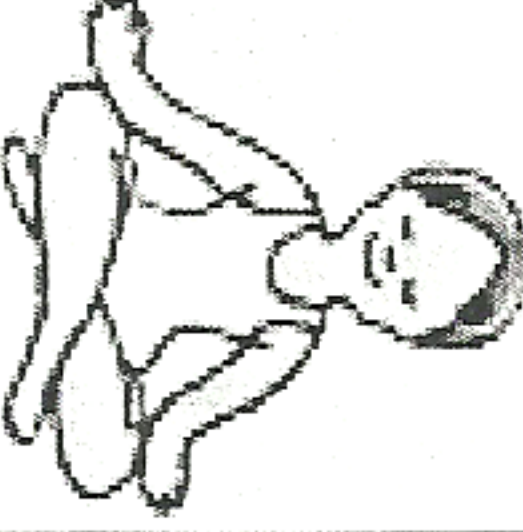
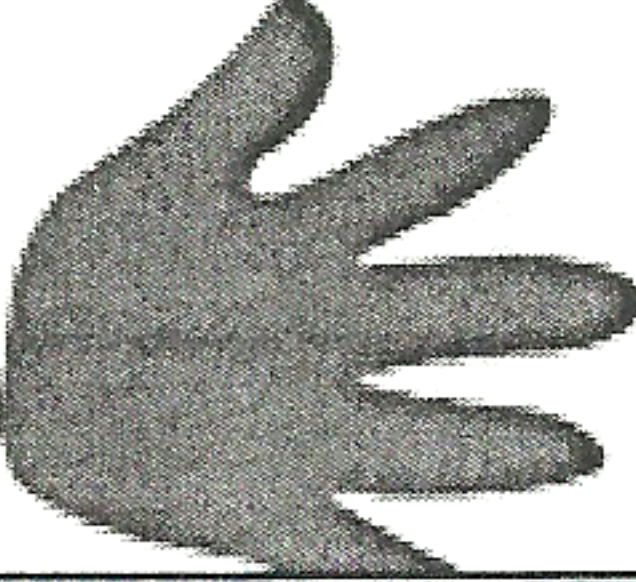
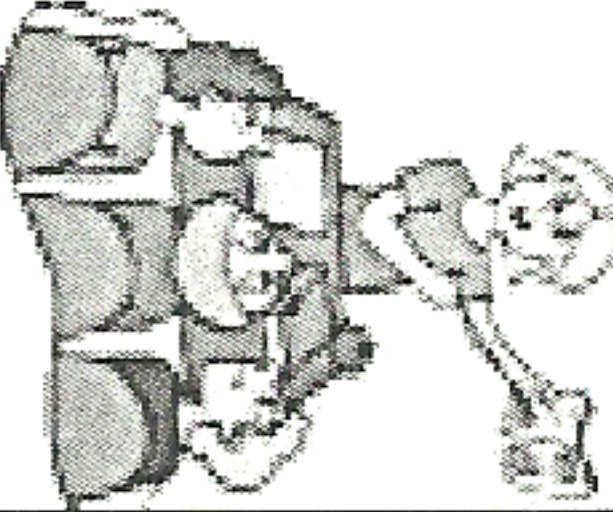
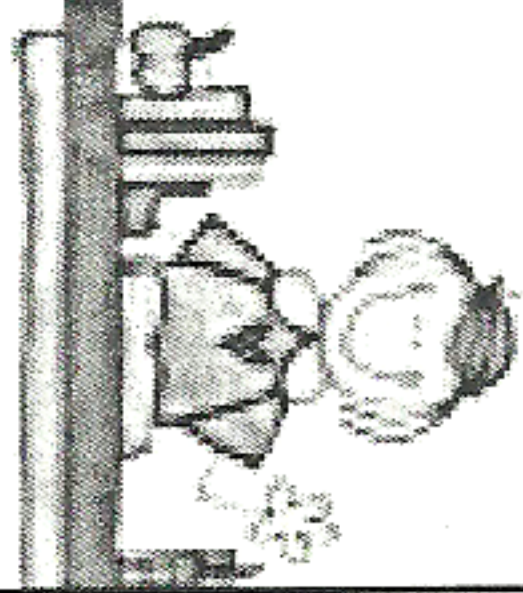
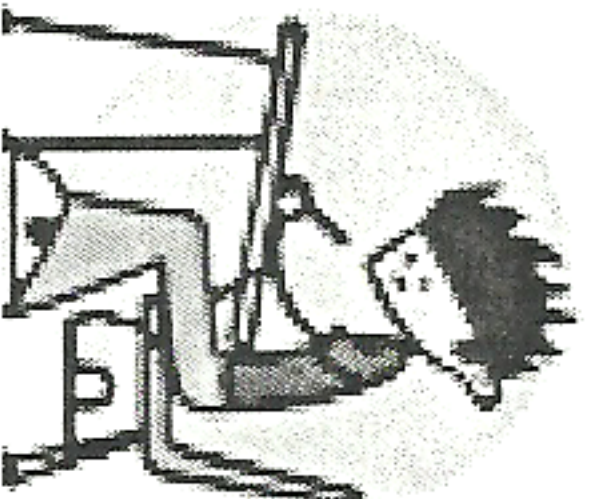
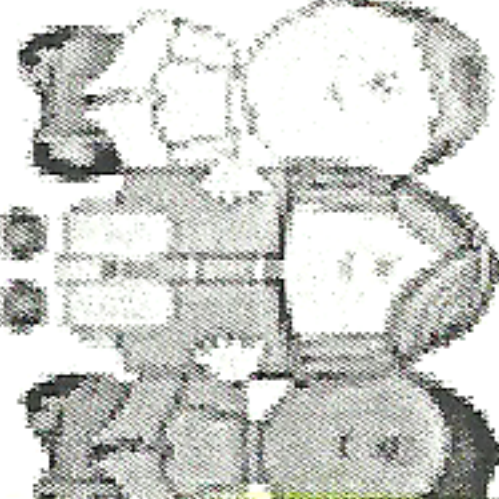
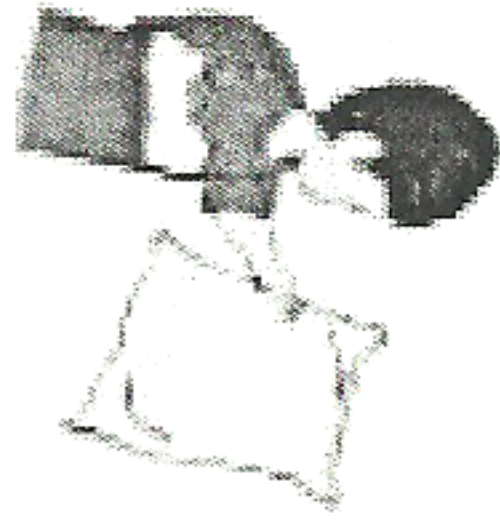
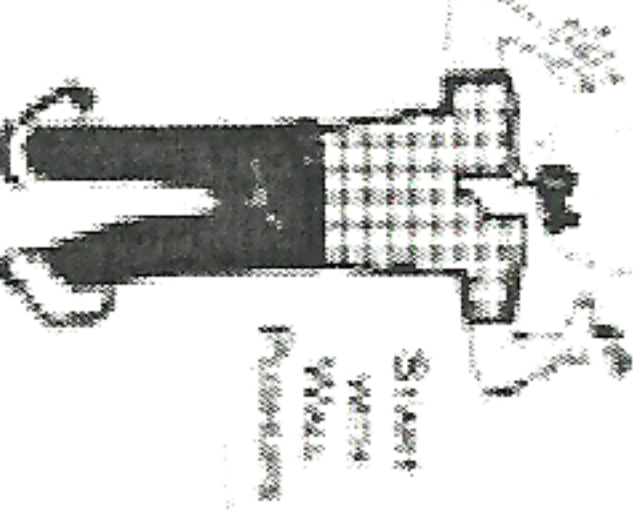
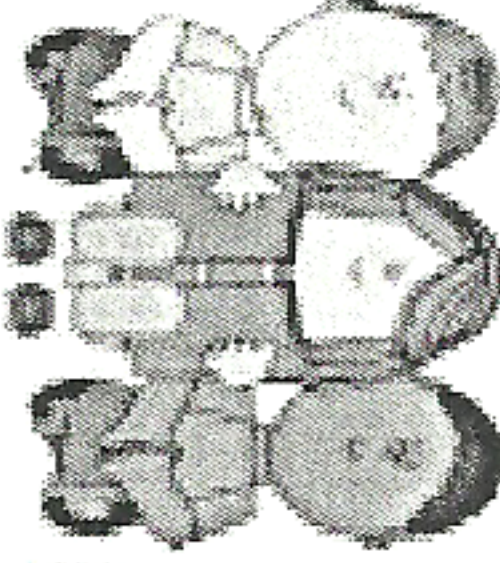
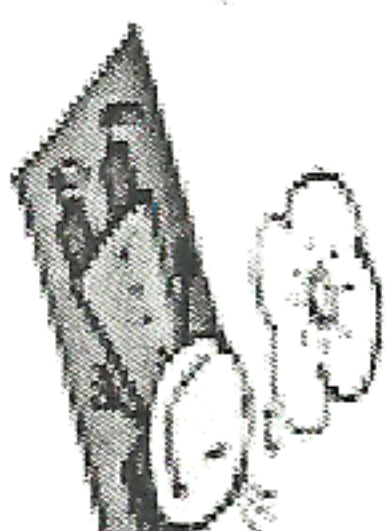
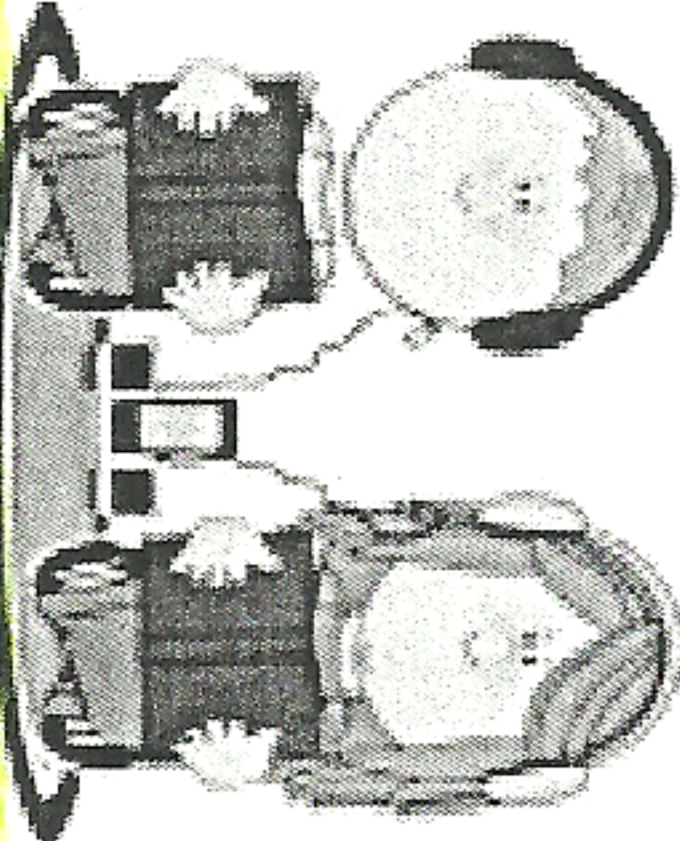
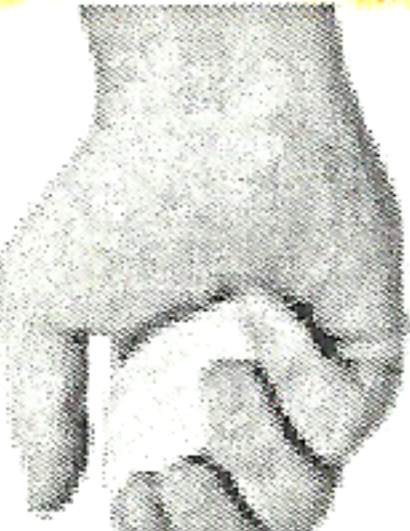
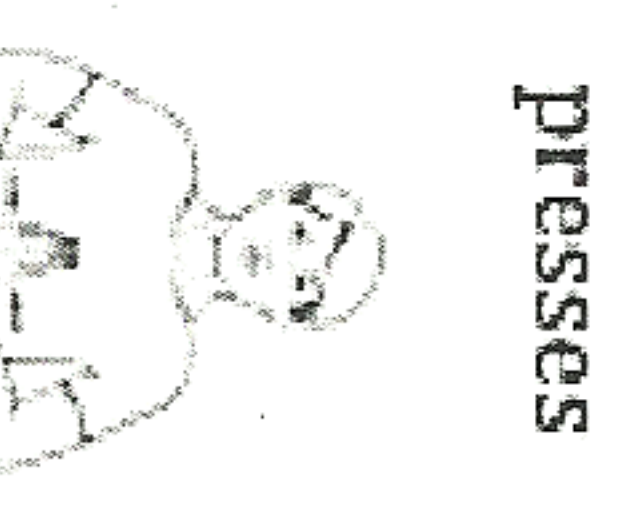
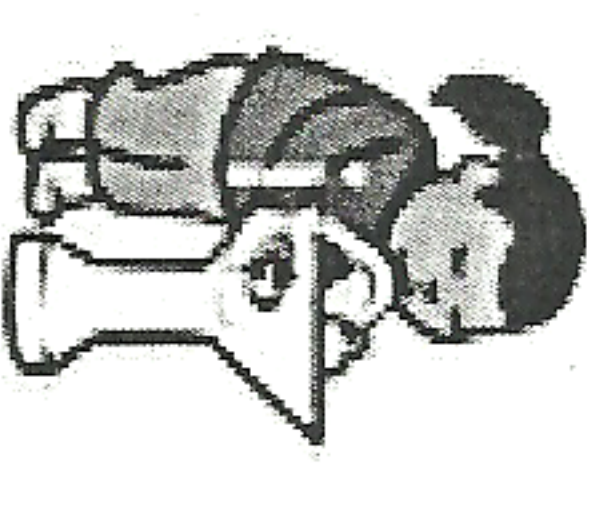


Blue Zone Strategies	Green Zone Strategies	Yellow Zone Strategies	Red Zone Strategies
Get a drink 	Good listening 	Tense & relax your muscles 	Breathe deeply 
Palm tickle 		Follow directions 	Talk to your self 
Ask for help 	Do my work 	Write - draw - read 	Punch a pillow 
Wall push ups 	Look at books 	Think of something happy 	"I can do it!" 
Listen to music 	Use a fidget 	Wall push ups 	Get a drink 
Palm presses 	Walk away 		