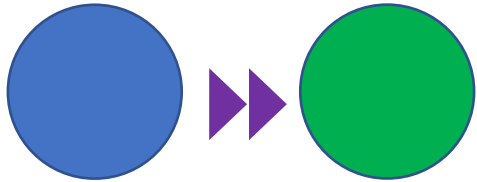


Choosing the Green Zone

If you are in the Blue Zone and want to get back to the Green Zone...

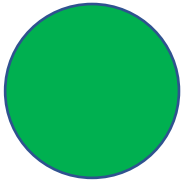


Try to...

- *go for a walk
- *listen to upbeat music
- *jump or bounce
- *have a drink or snack
- *use a fidget toy

- *talk about your feelings
- *rub your hands together
- *take a brain break
- *jog on the spot
- *do some stretches

If you are in the Green Zone and want to stay there...

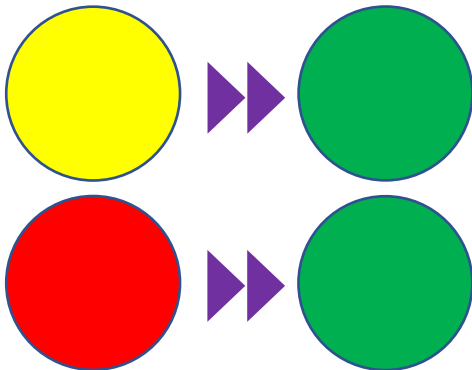


Try to...

- *help others
- *smile
- *be a good friend

- *work hard
- *concentrate and listen
- *think positively

If you are in the Yellow or Red Zones and want to get back to the Green Zone...



Try to...

- *use breathing exercises
- *talk to someone
- *do wall push-ups
- *relax your muscles
- *have a drink
- *go for a run
- *take a break

- *do some stretches
- *use a fidget toy
- *do calm, rhythmic movement
- *colour or draw
- *listen to music
- *count to 20 slowly
- *read a book

