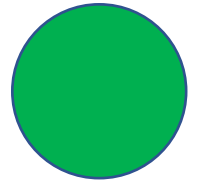




Moving from

Blue Zone to Green Zone



try to...



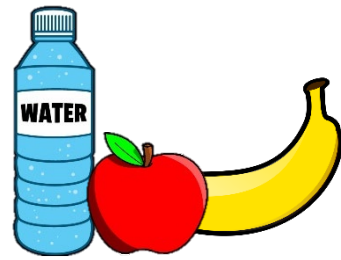
*go for a walk



*use a fidget toy



*listen to upbeat music



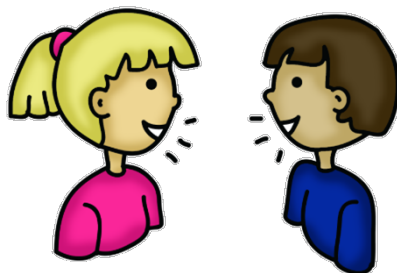
*have a drink or snack



*jump or bounce



*take a brain break



*talk about your feelings



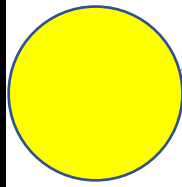
*jog on the spot



*rub your hands together

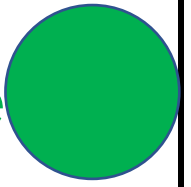


*do some stretches



Moving from

Yellow Zone to Green Zone



try to...



*use breathing exercises



*use a fidget toy



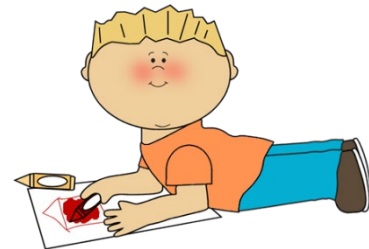
*listen to calm music



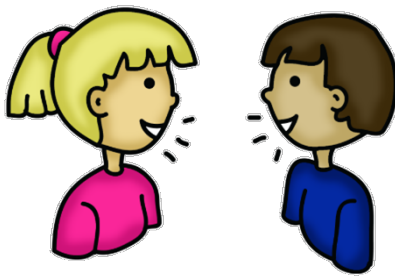
*have a drink



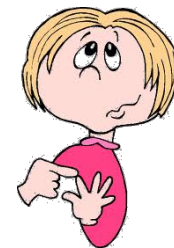
*relax your muscles



*colour or draw



*talk to someone



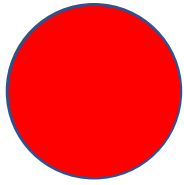
*count to 20 slowly



*read a book

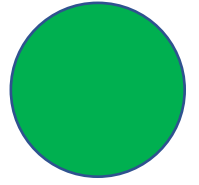


*do some stretches



Moving from

Red Zone to Green Zone



try to...



*use breathing exercises



*use a fidget toy



*relax your muscles



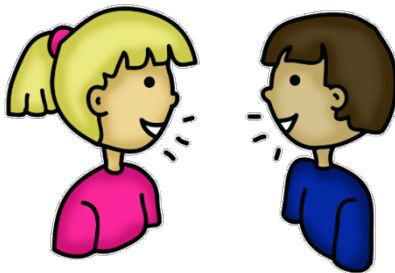
*have a drink



*take a break



*do rhythmic activities



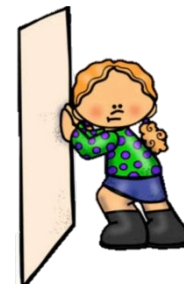
*talk to someone



*go for a run



*count to 20 slowly



*do wall push-ups

