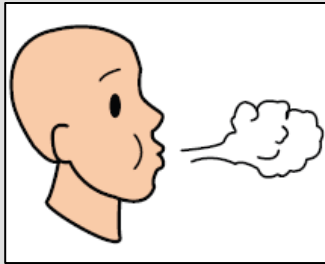


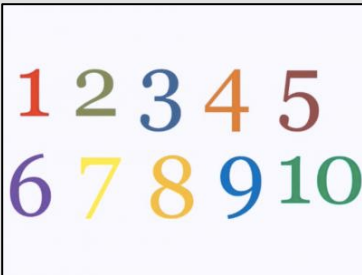
RED ZONE:

What can I do?

Take a deep breath



Count to 10



Shake bottle and wait



Squeeze my hands or
squishy ball

In the **GREEN ZONE**, I have:



Good



Good Listener

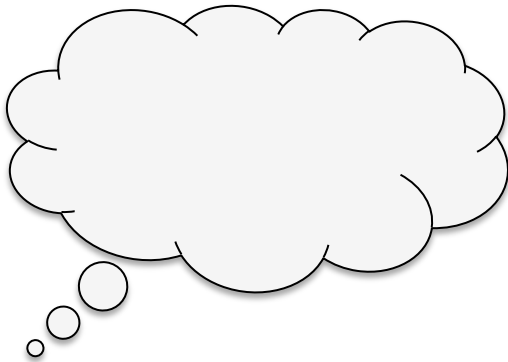


Calm



Happy

Calm Thoughts



Calm Feelings



In the **RED ZONE**, I have:

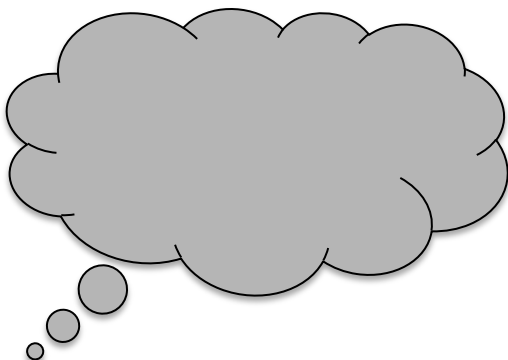


Mad



Aggressive

Uncomfortable Thoughts



Uncomfortable Feelings

