

ZONE STRATEGIES

Blue Zone

- Talk to parent/ teacher/friend
- Take a break
- Ask for a hug



Green Zone

- Help others
- Think happy thoughts
- Continue to listen
- Complete goals/tasks/chores



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Yellow Zone

- Take a break
- Take deep breaths
- Talk to parent/ teacher
- Use/squeeze stress ball
- Go for a walk



Red Zone

- Take deep breaths
- Count to 10
- Take a break
- Talk to parent/ teacher about problems
- Go for a walk



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