


# The ZONES Toolbox

After figuring out which zone you are in, find the matching toolbox below. Choose an activity to calm your body & brain so can move back to the Green Zone and be ready to learn.


You can come up with your own ideas too!

## BLUE ZONE TOOLBOX


To help me get to green, I can...




hug




think happy thoughts



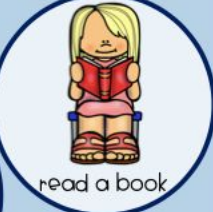
exercise



take deep breaths



get a drink




read a book


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## GREEN ZONE TOOLBOX


To stay in the green zone, I can...




smile




practice mindfulness




focus on my work



take deep breaths



be a friend



think happy thoughts

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## YELLOW ZONE TOOLBOX

To help me get to green, I can...



talk to someone



ask for help



deep breaths



take a walk



get a drink



take a break

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## RED ZONE TOOLBOX

To help me get to green, I can...



take deep breaths



hug or talk to someone



take a break



size of the problem



count



Use a stress ball

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