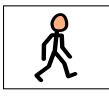
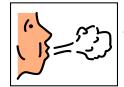
Tools to get back to the Green Zone



Go for a Walk



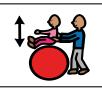
Get a drink of water



Take 3 deep breaths



Positive Self Talk



Bounce on Ball



Listen to Music



Take a Break

Peake, Paul. *Bþardmaker*. Vers. 6. Solana Beach, CA: Mayer-Johnson, Inc., 2006. Computer

Kuypers, Leah M., and Michelle Winner Garcia. The Zones of Regulation: A Curriculum Designed to Foster Self-regulation and Emotional Control. San Jose, CA: Think Social Pub., 2011. Print.