

Name: _____

Date: _____

THINGS I CAN DO in the BLUE ZONE



Take an energizing
brain break



Ask for a snack
if hungry



Find something
Happy!



Ask for help.

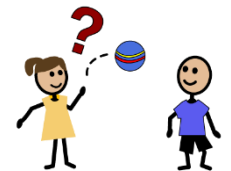
Think about what
I'm learning



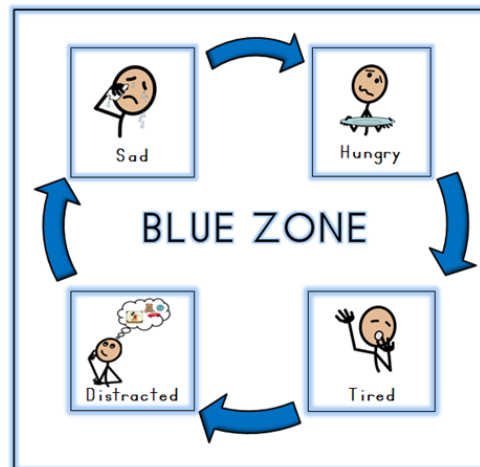
Ask for a break



Find a nice friend
to play with



Say how I feel



Name: _____

Date: _____

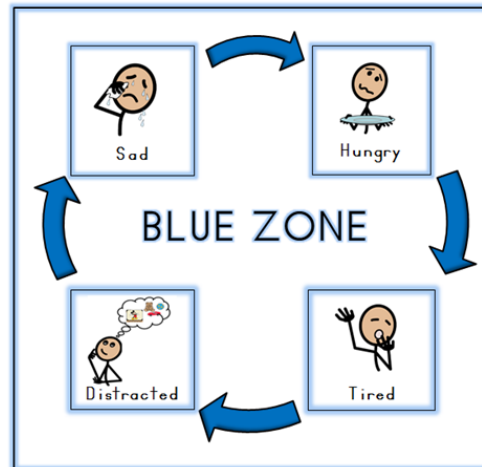
THINGS I CAN DO in the BLUE ZONE ²

Take an energizing
brain break

Ask for a snack
if hungry

Find something
Happy!

Ask for help.



Think about what
I'm learning

Ask for a break

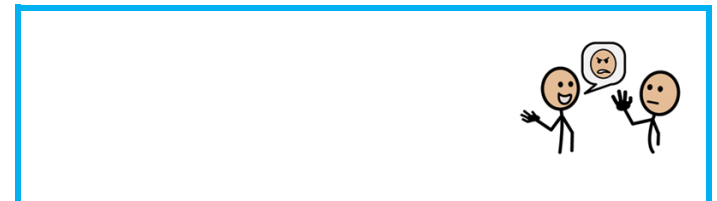
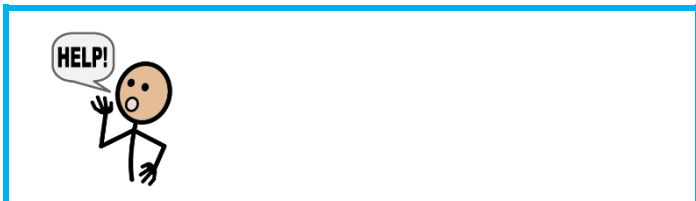
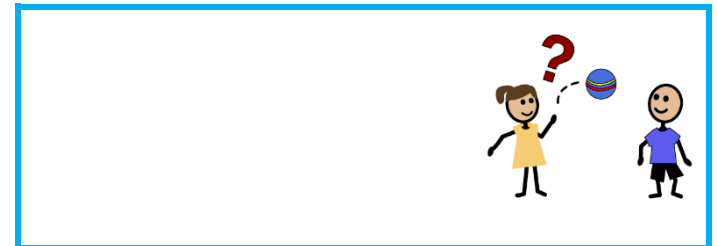
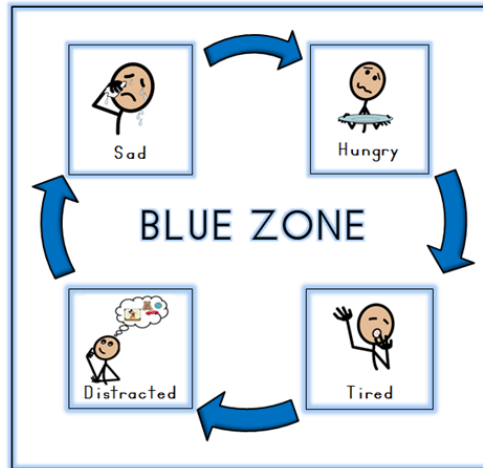
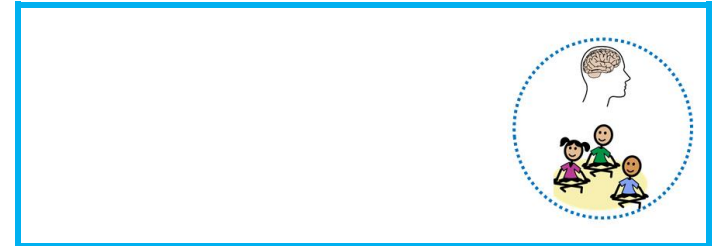
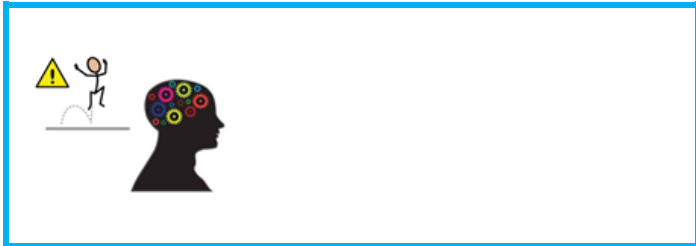
Find a nice friend
to play with

Say how I feel

Name: _____














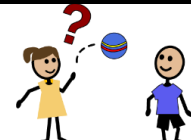

Date: _____

THINGS I CAN DO in the BLUE ZONE ³



Name: _____

Date: _____

 <p>Take an energizing brain break</p>		 <p>Take an energizing brain break</p>	
 <p>Ask for a snack if hungry</p>		 <p>Ask for a snack if hungry</p>	
 <p>Find something Happy!</p>		 <p>Find something Happy!</p>	
 <p>Ask for help.</p>		 <p>Ask for help.</p>	
Think about what I'm learning		Think about what I'm learning	
Ask for a break		Ask for a break	
Find a nice friend to play with		Find a nice friend to play with	
Say how I feel		Say how I feel	