

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# THINGS I CAN SAY in the BLUE ZONE

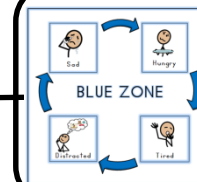
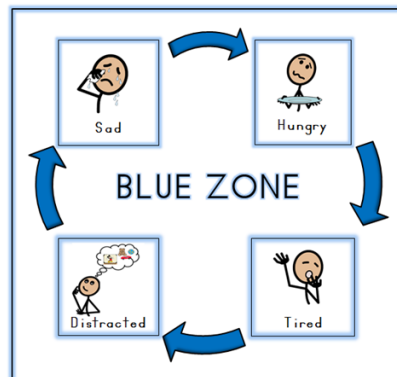


My feelings are hurt.  
I feel sad.



My brain's not part of the group.  
I'm distracted.

I didn't sleep well.  
I'm tired.



I'm in the blue zone.






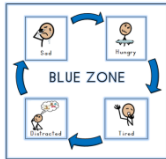


I need an energizing  
brain break.




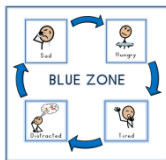




I need a snack.  
I'm hungry.

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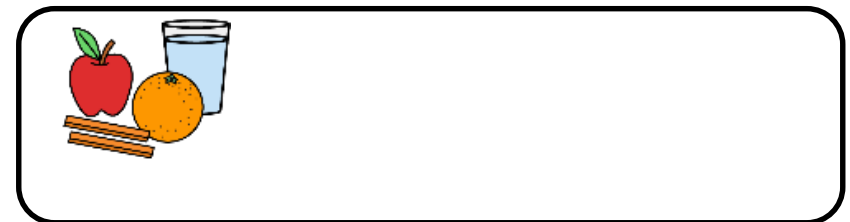
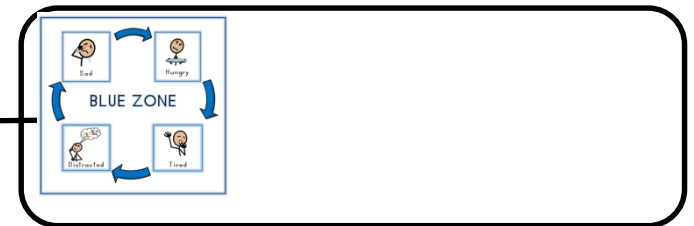
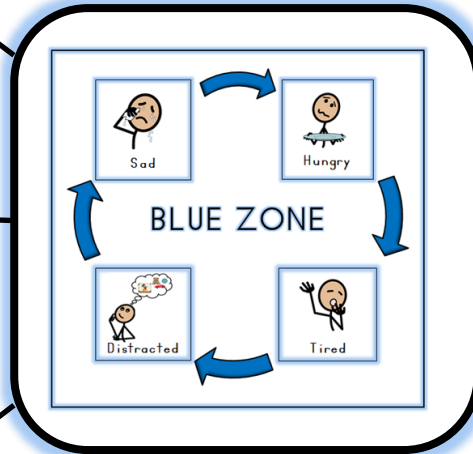
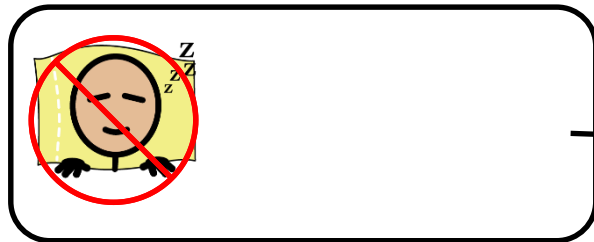
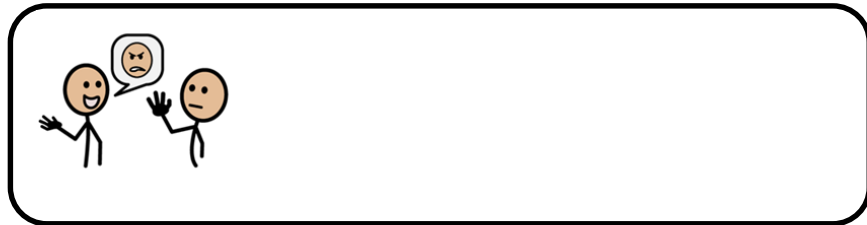
	<p>My feelings are hurt. I feel sad</p>		<p>I didn't sleep well I'm tired</p>
	<p>My brain's not part of the group. I'm distracted.</p>		<p>I'm in the blue zone</p>
	<p>I need an energizing brain break.</p>		<p>I need a snack. I'm hungry</p>

	<p>My feelings are hurt. I feel sad</p>		<p>I didn't sleep well I'm tired</p>
	<p>My brain's not part of the group. I'm distracted.</p>		<p>I'm in the blue zone</p>
	<p>I need an energizing brain break.</p>		<p>I need a snack. I'm hungry</p>

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# THINGS I CAN SAY in the BLUE ZONE<sup>3</sup>



Name: \_\_\_\_\_

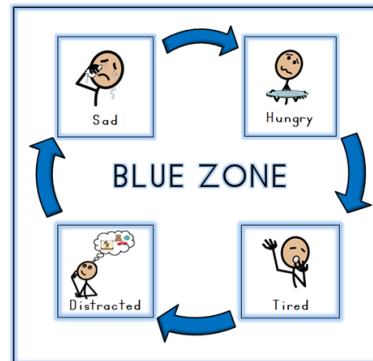
Date: \_\_\_\_\_

# THINGS I CAN SAY in the BLUE ZONE <sup>2</sup>

My feelings are hurt.  
I feel sad.

My brain's not part of the group.  
I'm distracted.

I didn't sleep well.  
I'm tired.



I'm in the blue zone.

I need an energizing  
brain break.

I need a snack.  
I'm hungry.