

Name: _____

Date: _____


THINGS I CAN DO in the YELLOW ZONE




Take a calming brain break



Break from Work



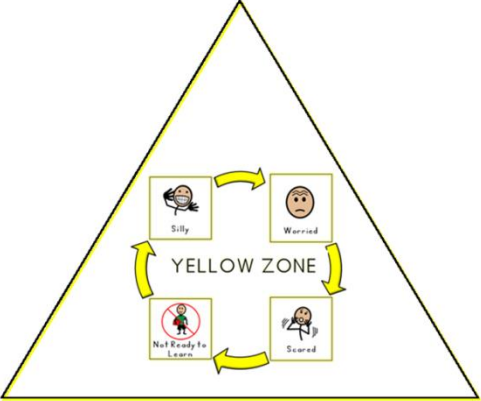
Squeeze and release.



Look to my friends for what to do.



Give myself a Brave Hug,



Take slow deep breaths



Ask for help.



Say how I feel

Name: _____

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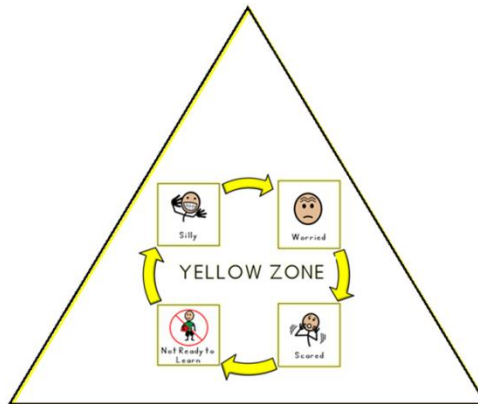
THINGS I CAN DO in the YELLOW ZONE ²

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Break from Work

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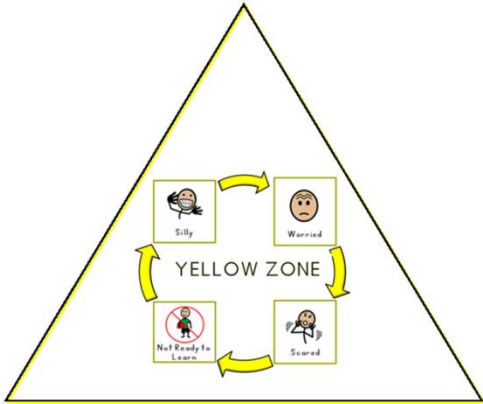
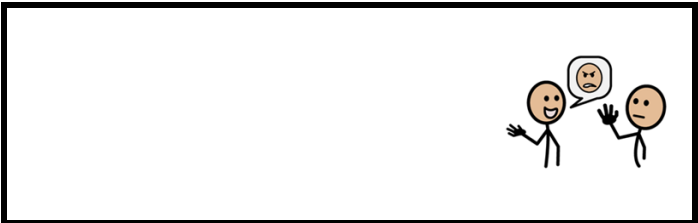
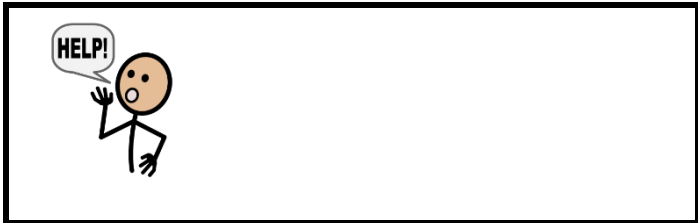
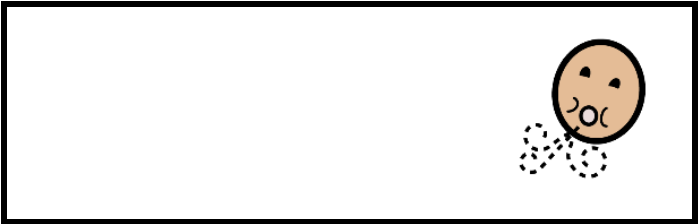
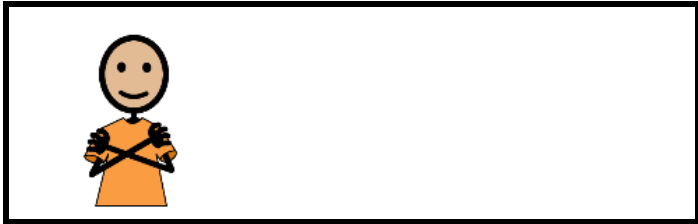
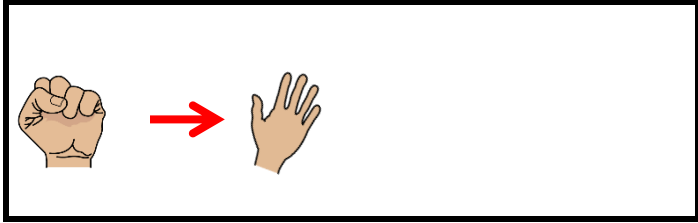
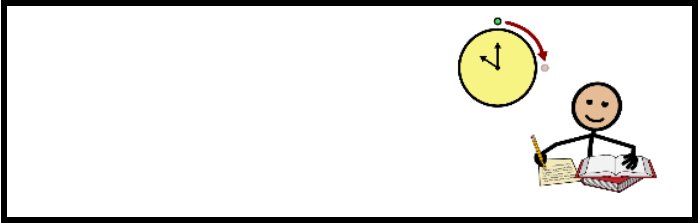
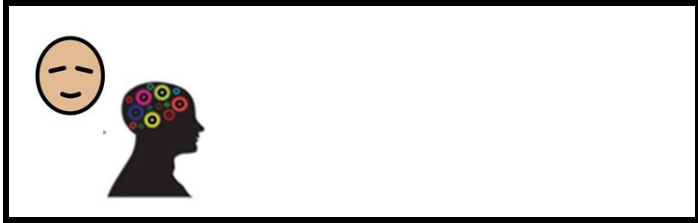
Take slow deep breaths

Say how I feel

Name: _____
















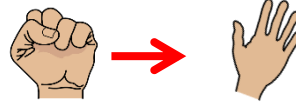
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THINGS I CAN DO in the YELLOW ZONE ³



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 <p>Take a calming brain break</p>		 <p>Take a calming brain break</p>
<p>Break from Work</p> 		<p>Break from Work</p> 
<p>Slow, Deep Breaths</p> 		<p>Slow, Deep Breaths</p> 
 <p>Ask for help.</p>		 <p>Ask for help.</p>
<p>Look to my friends For what to do</p> 		<p>Look to my friends For what to do</p> 
 <p>Give myself a Brave hug</p>		 <p>Give myself a Brave hug</p>
<p>Say how I feel</p> 		<p>Say how I feel</p> 
 <p>Squeeze and Release</p>		 <p>Squeeze and Release</p>