

When in the Blue Zone, I could try...



drink

some



water

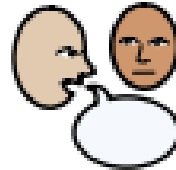


colour

or

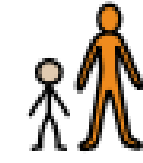


draw



talk to

an



adult



movement



break

# When in the Yellow Zone, I could try...

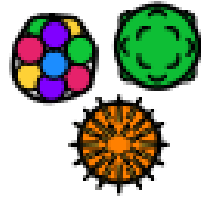


drink

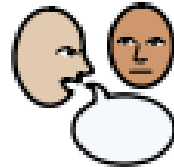
some



water



sensory toys



talk to

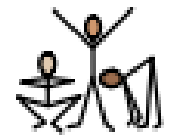
an



adult



breathing



exercises

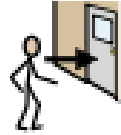
# When in the Red Zone, I could try...



movement



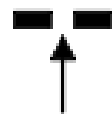
break



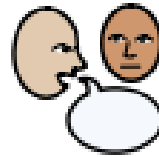
go to



safe



space



talk to



an adult



breathing



exercises