

Blue zone



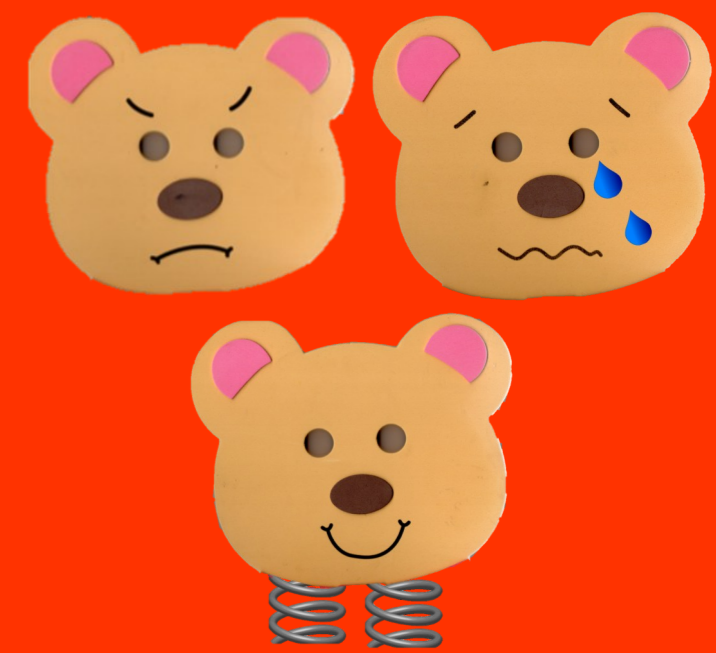
Green zone



Yellow zone



Red zone



build lego



ask for a hug



help others



say something nice



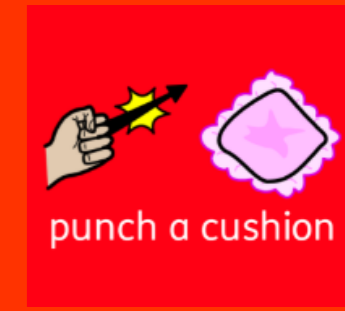
talk to a grown up



deep breath



run



punch a cushion



talk to a grown up



read a book



play a game



draw a picture



run



do a job



kick a ball



shout into a pillow



draw a picture



do your work



ask for a hug



deep breath