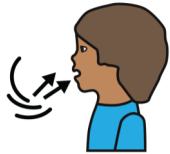


use tools to get in the



green zone

take deep breaths



draw



do wall push ups



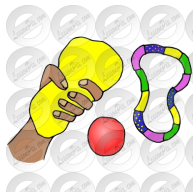
talk to an adult



ask to take a break



use fidgets



write



drink water



ask to take a walk



self talk



do stretches



count to 10



lift something heavy



ask to eat a snack



think of a calm place

