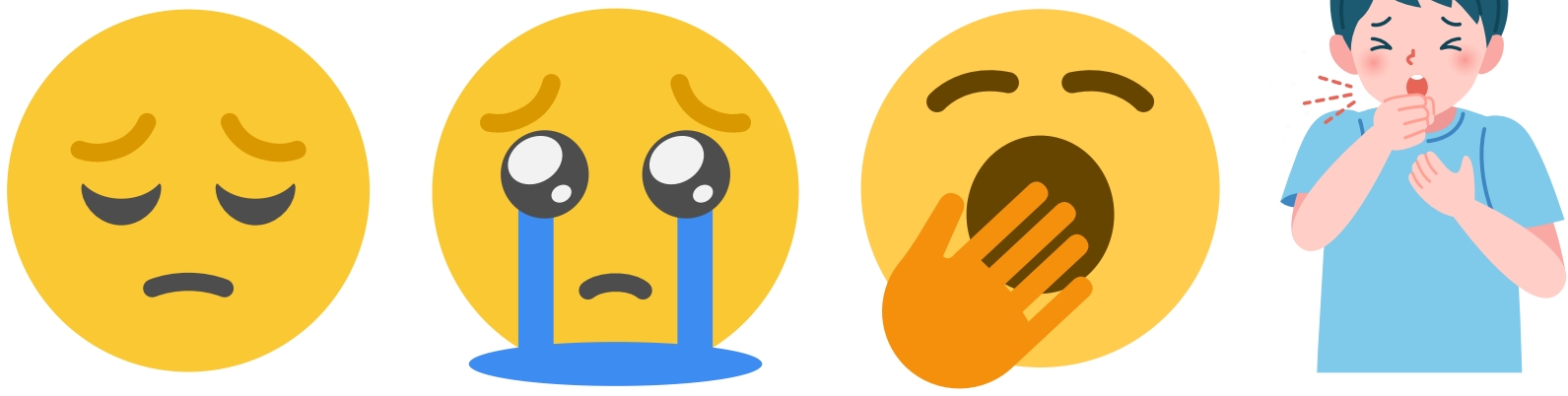


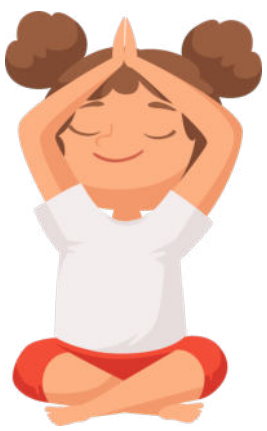
# BLUE

I may feel sad, hurt, sick, bored, or tired.



My choices:

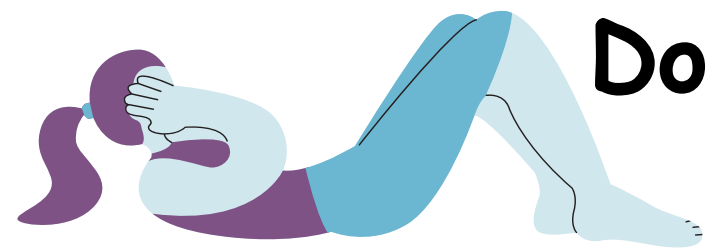
Stretch



Seat yoga



Do exercises



Drink from water bottle



# GREEN

I may feel calm, happy, ready to learn, focused, or relaxed.



I am good to go!

# YELLOW

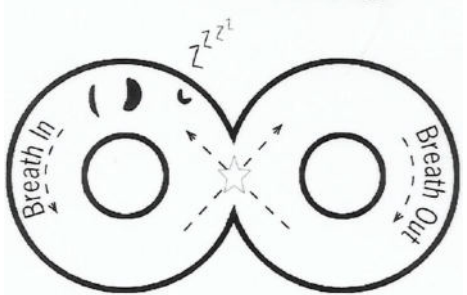
I may feel excited, frustrated, nervous, silly, or upset.



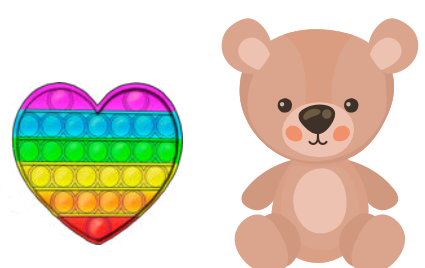
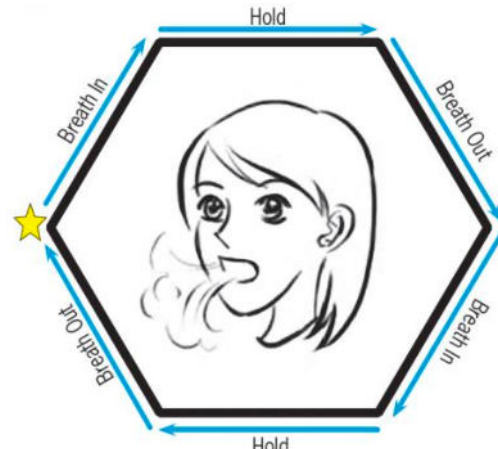
My choices:

Lazy 8 breathing

Lazy 8 Breathing



6 sides of breathing



Calming tools

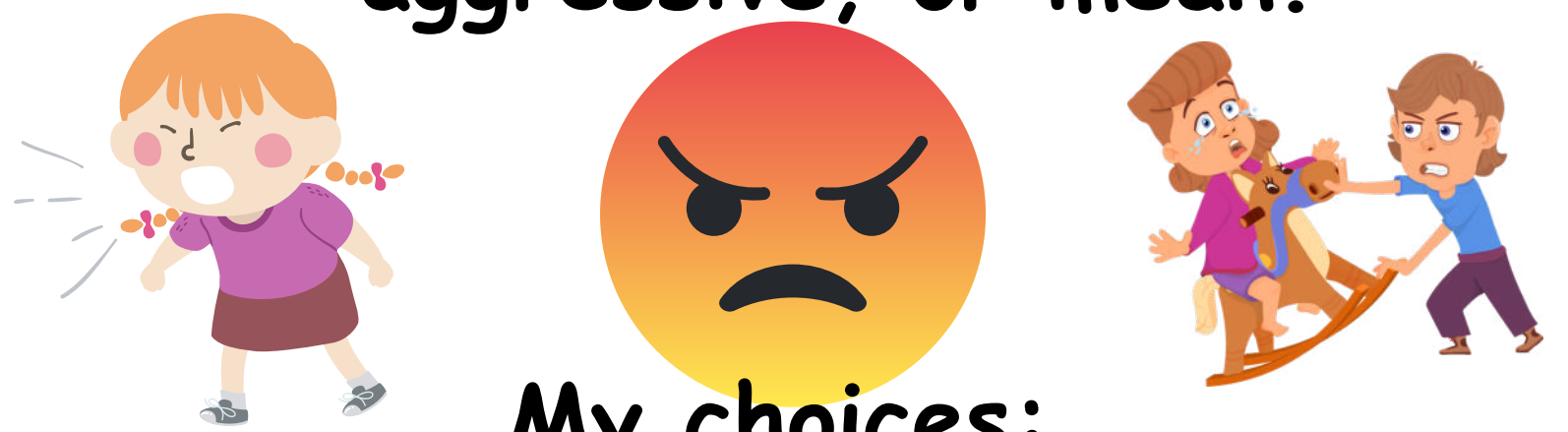


Talk/write/draw it out



# RED

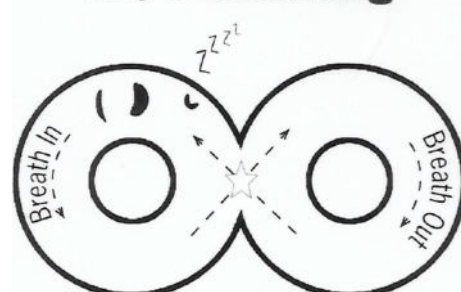
I may feel out of control, angry, aggressive, or mean.



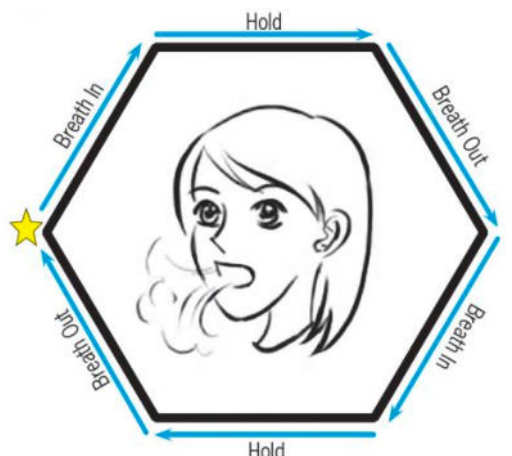
My choices:

Lazy 8 breathing

Lazy 8 Breathing



6 sides of breathing



Squeeze something



Counting

Write/draw it out

