

What will help me when I feel I am in need of the Time Out Area?

Close my eyes

Stretch and stand

What will help me when I am ready to be in the Get Going Area?

Focus

Drink water

What will help me when I am in the Tense Red Area?

Move places

Listen to music

What will help me when I am in the Wary Yellow Area?

Count back from ten in my head

Breathe deeply
