

ZONES

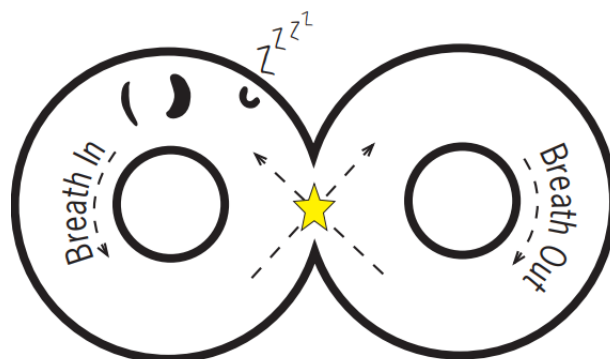


TOOLS TO GET BACK INTO THE GREEN ZONE:

<p>1</p> <p>1 push your hands together</p>		<p>1</p> <p>1. clasp your hands above your head like you are holding an axe</p>		<p>1</p> <p>1. put your hands on the wall with your arms straight</p>	
<p>2</p> <p>2. breath in and lift your arms up</p>		<p>2</p> <p>2. breath in for 3</p>	<p>1 2 3</p> <p>1 2 3</p>	<p>2</p> <p>2. bend your arms</p>	
<p>3</p> <p>3. breath out and drop your hands to your side</p>		<p>3</p> <p>3. swing your arms down and say whoosh</p>		<p>3</p> <p>3. push away as hard as you can</p>	

move your body

Lazy 8 Breathing



drink

star jumps

walk

Ask for a break

Count to 10