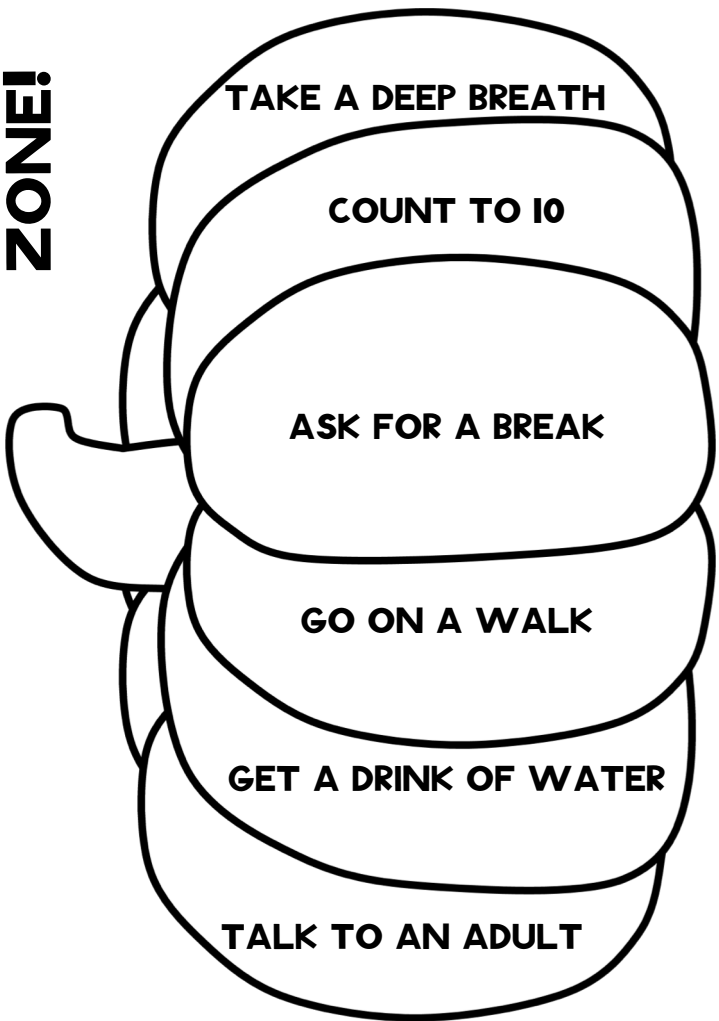


NAME: \_\_\_\_\_

# COPING SKILLS TO GET BACK TO THE GREEN

## ZONE!



TAKE A DEEP BREATH

COUNT TO 10

ASK FOR A BREAK

GO ON A WALK

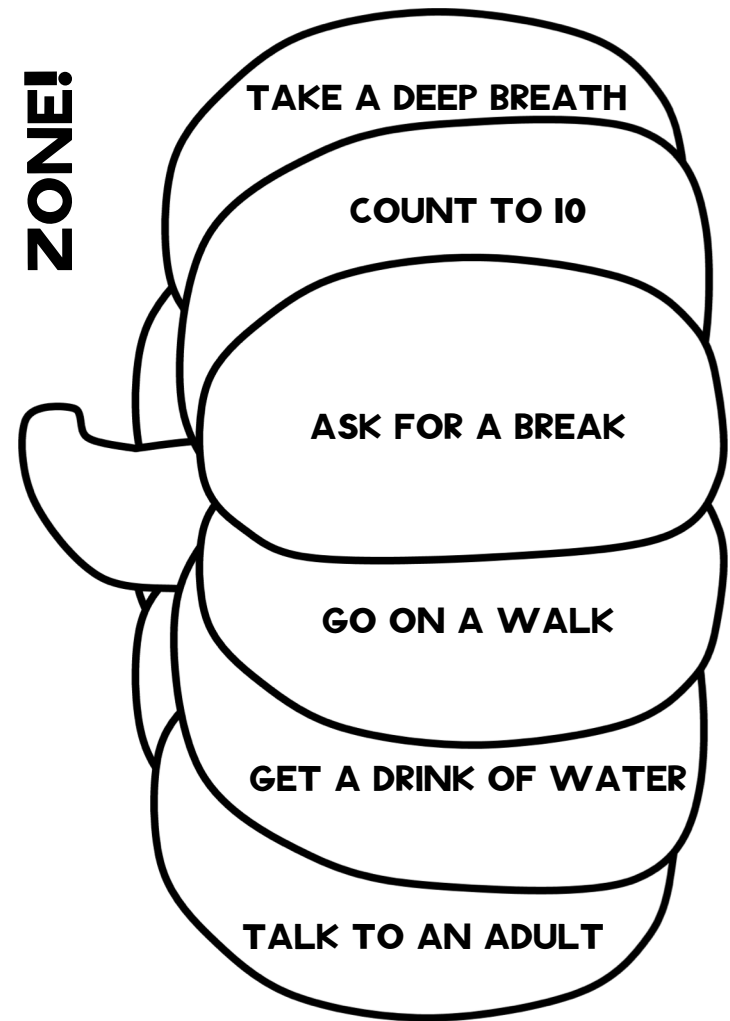
GET A DRINK OF WATER

TALK TO AN ADULT

NAME: \_\_\_\_\_

# COPING SKILLS TO GET BACK TO THE GREEN

## ZONE!



TAKE A DEEP BREATH

COUNT TO 10

ASK FOR A BREAK

GO ON A WALK

GET A DRINK OF WATER

TALK TO AN ADULT