What can I do when I feel I need the Time Out Area?

- Close my eyes.
- Stretch and stand.
- _____
- _____
- _____
- _____
- _____
- _____

What can I do when I am ready to be in the Get Going Area?

- Focus
- Drink water
- _____
- _____
- _____
- _____
- _____
- _____

What can I do when I am in the Tense Red Area?

- Move around to different places.
- Stretch and stand.
- _____
- _____
- _____
- _____
- _____
- _____

What can I do when I am in the Wary Yellow Area?

- Count back from ten in my head.
- Breathe deeply.
- _____
- _____
- _____
- _____
- _____
- _____