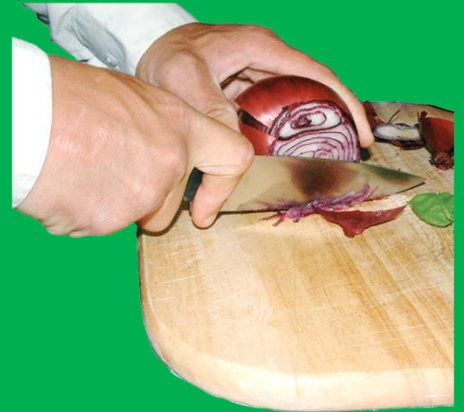




Spend some time in the garden



Help with cooking

GREEN ZONE



Call/text friends



Do some arts and crafts



Free time



Speak to someone



Draw/write how you feel

BLUE ZONE



Do some exercise



Call/text friends



Listen to some calming music



Relax

YELLOW ZONE



Deep breathing



Speak to someone



Speak to someone



Speak to someone from share

RED ZONE



Listen to some calming music



Deep breathing