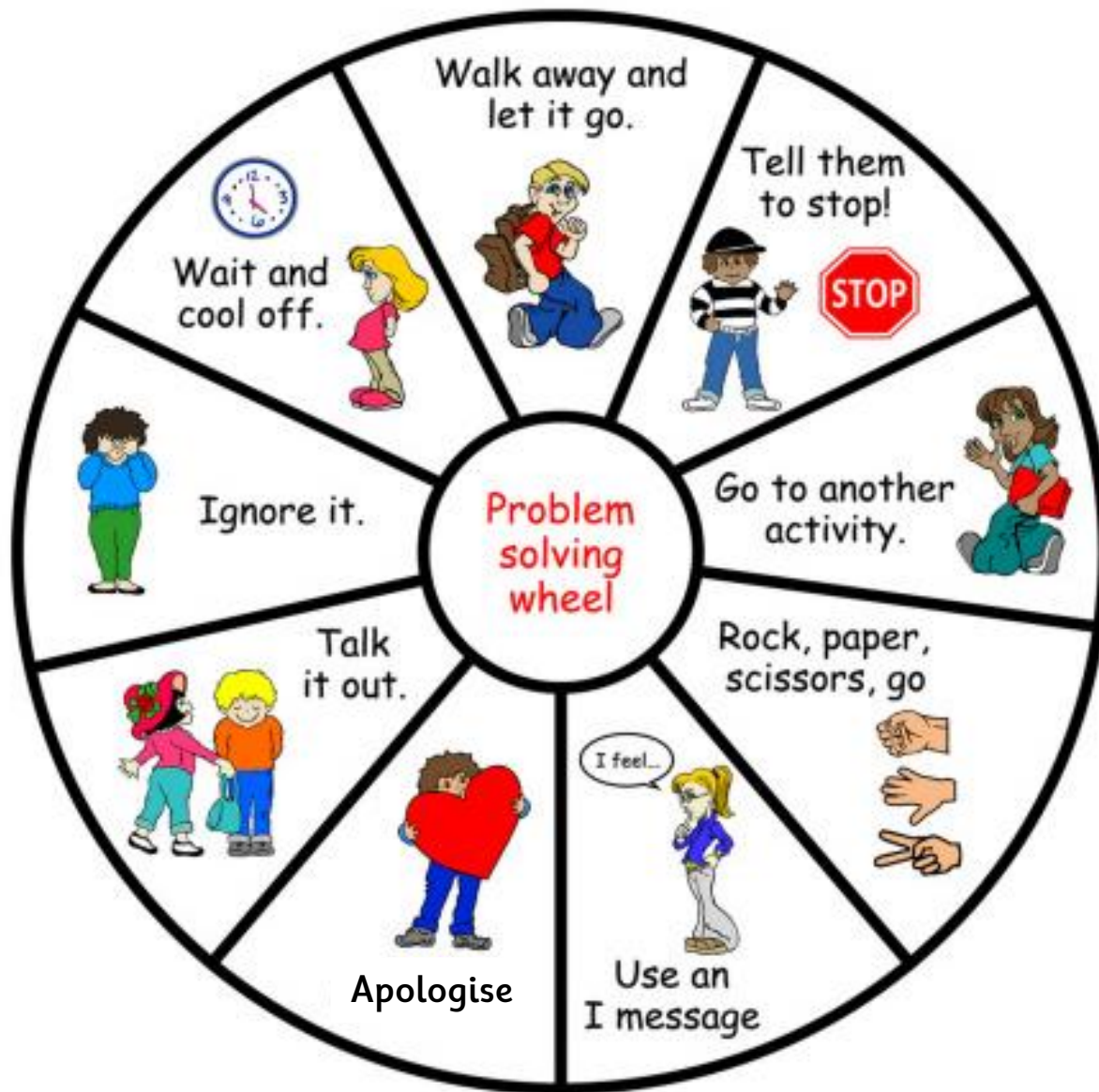


# What can I do?



## Use tools to get in the green zone

<p>drink of water</p>	<p>count</p>	<p>deep breaths</p>	<p>squeeze and release</p>	<p>wall push ups</p>	<p>use fidgets</p>	<p>draw</p>	<p>write this</p>	<p>talk with adults</p>
<p>take a break</p>	<p>self talk</p>	<p>take a walk</p>	<p>stretch</p>	<p>volcano breath</p>	<p>lift something heavy</p>	<p>ask for a snack</p>	<p>think of a calm place</p>	<p>listen to music</p>