














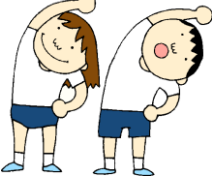



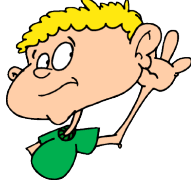



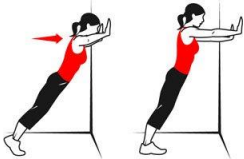


<p>Read a book</p> 	<p>Draw something</p> 	<p>Quietly hum to yourself</p> 	<p>Use a stress ball</p> 
<p>Listen to calm music</p> 	<p>Do some mindful colouring</p> 	<p>Go to the toilet</p> 	<p>Sit in our Zones area</p> 
<p>Get a drink</p> 	<p>Go for a walk</p> 	<p>Think about what is bothering you</p> 	<p>Press on a pressure point</p> 
<p>Get some fresh air</p> 	<p>Do a lap of the oval</p> 	<p>Think happy thoughts</p> 	<p>Move away from the distraction</p> 
<p>Close your eyes and breath</p> 	<p>Have something to eat</p> 	<p>Talk to a friend</p> 	<p>Lay down</p> 
<p>Take some deep breaths</p> 	<p>Fiddle with an object</p> 	<p>Clear your mind</p> 	<p>Tighten and release your hands</p> 
<p>Quietly let out how you are feeling outside</p> 	<p>Listen to a smiling mind session</p> 	<p>Use noise cancelling headphones</p> 	<p>Use a sensory bottle</p> 

<p>Go somewhere quiet</p> 	<p>Take a break</p> 	<p>Wash your face</p> 	<p>Sing quietly to yourself</p> 
<p>Do some yoga moves</p> 	<p>Stretch out your body</p> 	<p>Let out your tears</p> 	<p>Write down what is bothering you and put it in the zones box</p> 
<p>Work hard</p> 	<p>Listen to the teacher</p> 	<p>Think about what the teacher is saying</p> 	<p>Learn</p> 
<p>Talk to an adult</p> 	<p>Do wall pushups</p> 	<p>Breathing exercise (six sides of breathing or figure eight breathing)</p> 