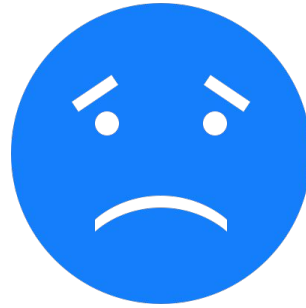




## Blue Zone



How might you feel?

Sad  
Tired  
Bored  
Sick

What tool might help you?

Talk to an adult  
Move your body - stretch, jump, shake  
Have a drink  
Think happy thoughts