





ZONES OF REGULATION TOOLBOX

I'm in the...

 BLUE ZONE 	GREEN ZONE 	 YELLOW ZONE 	 RED ZONE 
<div data-bbox="197 719 383 874"> <p>Talk to Adult</p> </div> <div data-bbox="421 719 607 874"> </div> <div data-bbox="197 954 383 1209"> </div> <div data-bbox="421 954 607 1209"> </div> <div data-bbox="197 1230 383 1437"> </div> <div data-bbox="421 1177 607 1353"> </div>	<div data-bbox="712 735 1010 879"> </div> <div data-bbox="712 906 1010 1034"> </div> <div data-bbox="712 1070 1010 1310"> </div>	<div data-bbox="1070 719 1256 922"> <p>Take deep breath</p> </div> <div data-bbox="1279 746 1525 906"> </div> <div data-bbox="1070 943 1256 1145"> </div> <div data-bbox="1294 943 1518 1145"> </div> <div data-bbox="1070 1198 1294 1422"> </div>	<div data-bbox="1653 719 1928 927"> <p>Lazy 8 Breathing</p> </div> <div data-bbox="1637 943 1928 1161"> <p>Deep Breathing Rainbow</p> </div> <div data-bbox="1576 1182 1800 1353"> </div> <div data-bbox="1823 1182 2011 1353"> </div>