|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Blue Zone** | | **Green Zone** | | **Yellow Zone** | | **Red Zone** | |
| Eat or drink |  | Work |  | Talk to someone |  | Countdown | **10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0** |
| Talk to someone |  | Kindness note |  | Finger breathing |  | Finger breathing |  |
| Chair push-ups |  | Play with someone |  | Read or draw |  | Ask for help |  |
| Finger tug |  | Eat or drink |  | Superflex Vs  Rock Brain |  | Tense and relax | 1  3  2  5  4  6 |
| Positive self-talk | I can do this. | Smile at someone |  | Size  of the problem |  | Think about favourite things or places |  |



**HOLLY PARK TOOLKIT**