

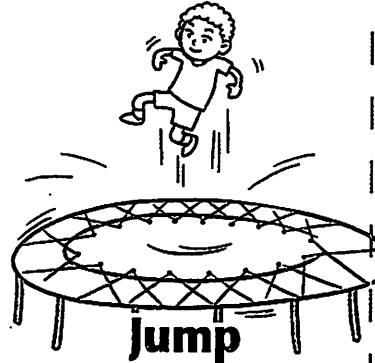
# ZONES Tools Menu



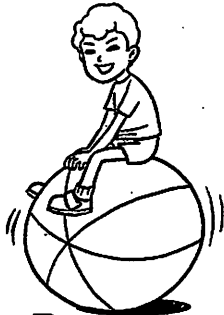
**Carry**



**Read**



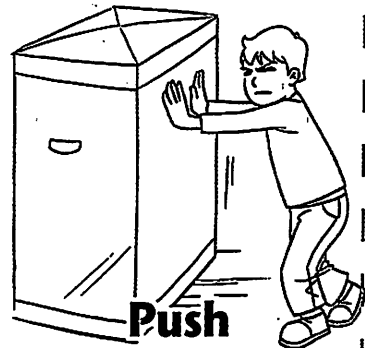
**Jump**



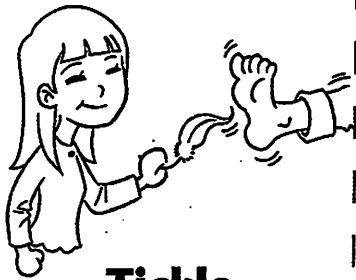
**Bounce**



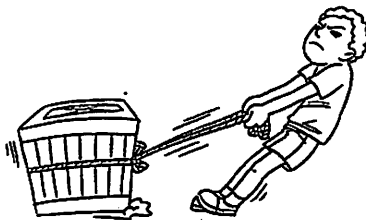
**Run**



**Push**



**Tickle**



**Pull**



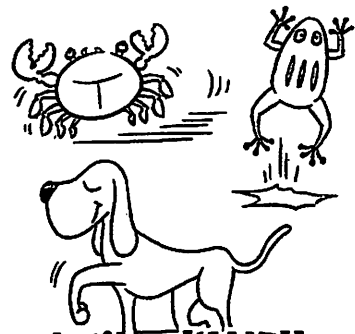
**Swing**



**Talk to Adult**

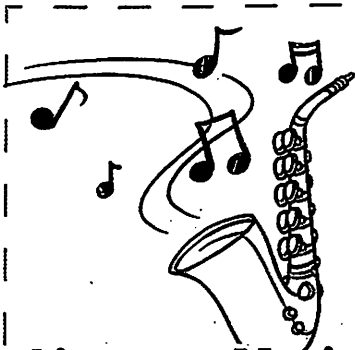


**Hug**

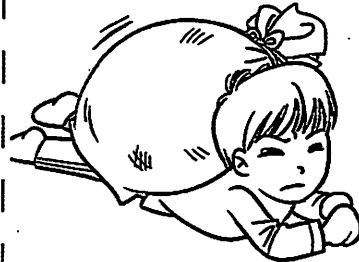


**Animal Walks**

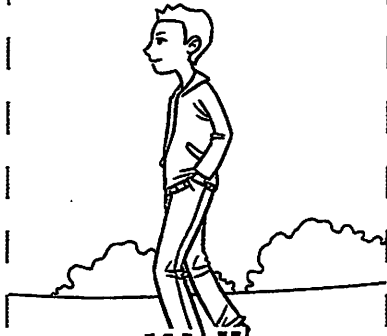
# ZONES Tools Menu



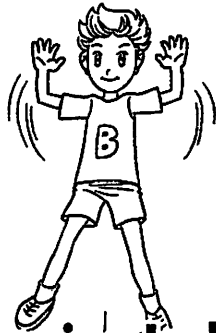
**Listen to Music**



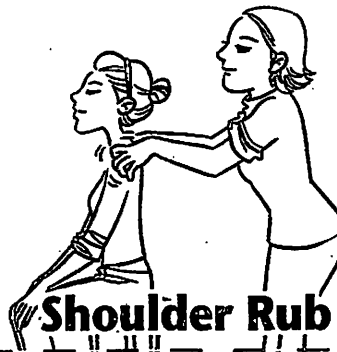
**Squishes**



**Walk**



**Jumping Jacks**



**Shoulder Rub**



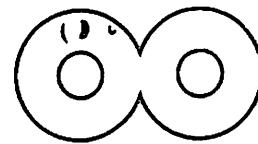
**Belly Breath**



**Inner Coach**



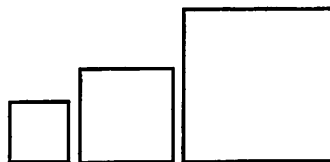
**Take a Break**



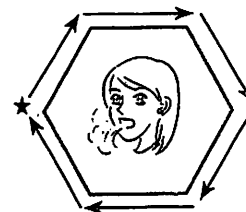
**Lazy 8 Breathing**



**Fidget Ball**



**Size of Problem**



**Six Sides of Breathing**