

Name: _____

Date: _____

Getting in the Green Zone

G M L I I W O L G C P Y G P G P E
N N G O 1 A D U B J A D K I S S B
A E I Y A O L G H W U M A Z I A R
J S X K G O J S A D J E E C Z O E
E G K F N U Y K T B B I R A E K A
A N P F C I L Y C T N E B R O N T
D I O I O A H F D N X L A I F O H
U B S E W R C T E E A S E E T 1 I
I U X F M H H R E N L Y K A H O N
M D S O X O C E R L R R A A E T G
U A R C H O S U L S B O T R P T R
Z X E A A O O O A P E I N W R N D
D C G C W J C U T G O A X D O U A
Y A H X H L E Z Z K A F A E B O O
G M P L J Y L N E B L E C M L C A
Z S G 1 E D A 1 G B R A I P E F J
O R E T A W K N I R D X T N M M S

SIZE OF THE PROBLEM
TAKE A BREAK
COUNT TO 10
BREATHING
MUSIC

FLEXIBLE THINKING
ASK FOR HELP
INNER COACH
EXERCISE
READ

TALK TO SOMEONE
DRINK WATER
WALK AWAY
JOURNAL
DRAW