

Name: _____

Date: _____

Red Zone Tools

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

Squeeze and Release
Act of Kindness
Write It Out
Ask for Help
Wall Pushes
Count
Sing

Talk with Grownup
Tell a Friend
Deep Breaths
Stress Ball
Drink Water
Jumps

Positive Attitude
Animal Walks
Take a Break
Inner Coach
Exercise
Putty