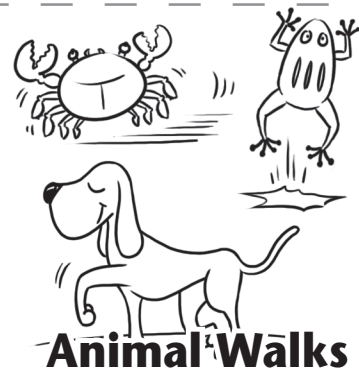
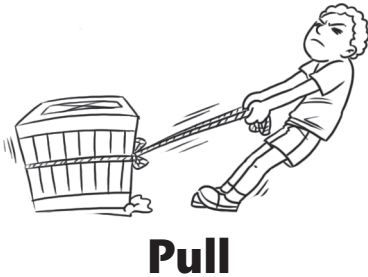
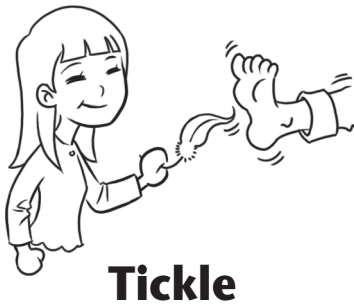


# ZONES Tools Menu



# ZONES Tools Menu

**Listen to Music**

**Squishes**

**Walk**

**Jumping Jacks**

**Shoulder Rub**

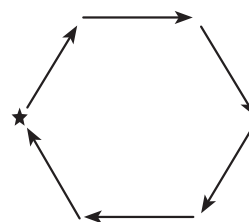
**Belly Breath**

You **CAN** do it!

**Inner Coach**

**Take a Break**

**Lazy 8 Breathing**



**Fidget Ball**

**Size of Problem**

**Six Sides of Breathing**