

ZONES Tools Menu



Carry



Read



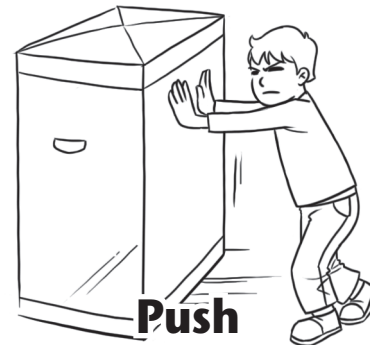
Jump



Bounce



Run



Push



Tickle



Pull



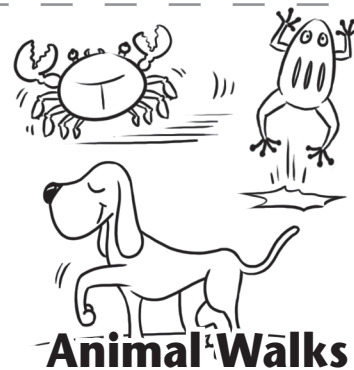
Swing



Talk to Adult



Hug

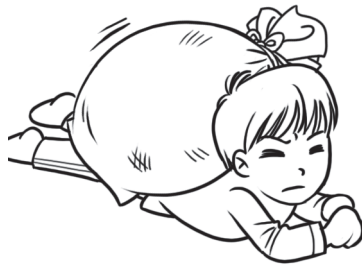


Animal Walks

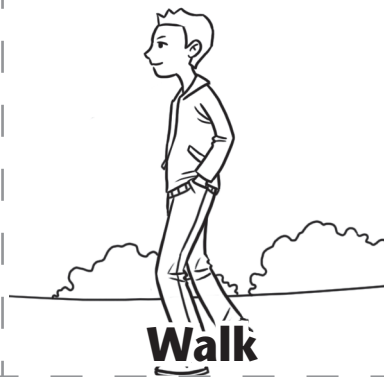
ZONES Tools Menu



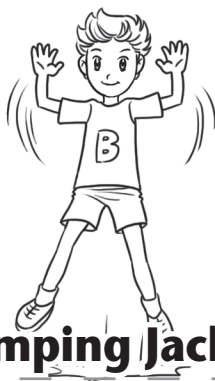
Listen to Music



Squishes



Walk



Jumping Jacks



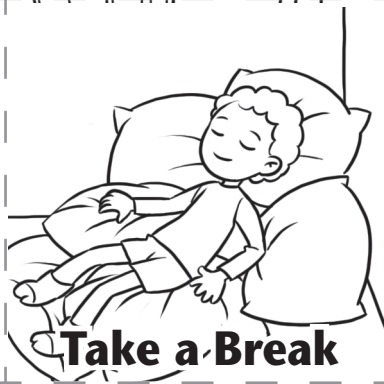
Shoulder Rub



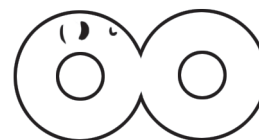
Belly Breath



Inner Coach



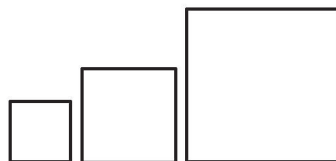
Take a Break



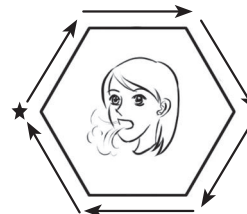
Lazy 8 Breathing



Fidget Ball



Size of Problem



Six Sides of Breathing