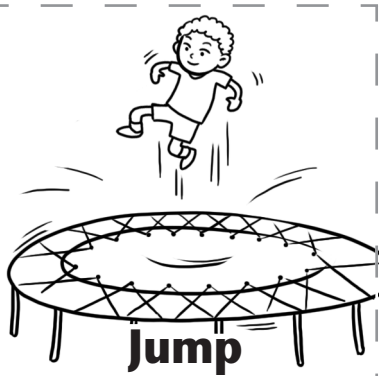
ZONES Tools Menu

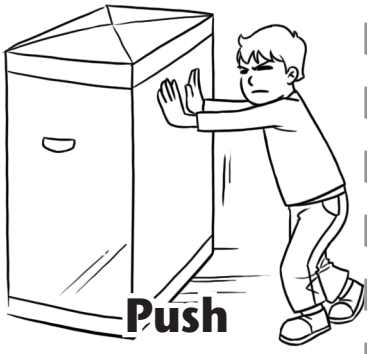
Carry

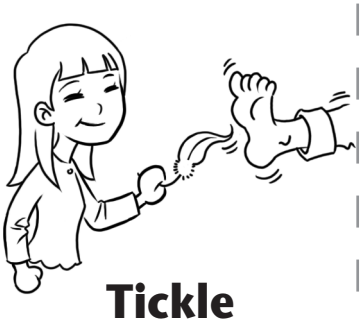
Read


Jump

Bounce

Run


Push

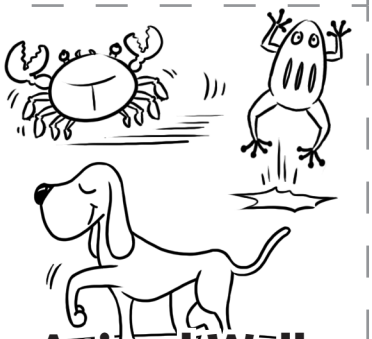

Tickle

Pull

Swing

Talk to Adult

Hug


Animal Walks

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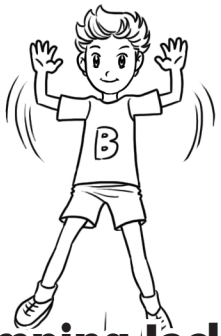
ZONES Tools Menu

Listen to Music

Squishes

Walk



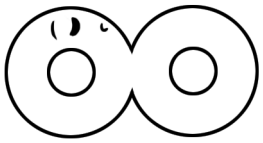
Jumping Jacks

Shoulder Rub

Belly Breath

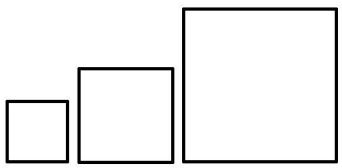
Inner Coach

Take a Break

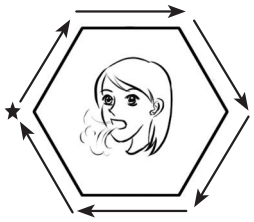


Lazy 8 Breathing

Fidget Ball



Size of Problem



Six Sides of Breathing

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