I'm in the 	it worked 	how am I feeling 	it didn't work 	count to 10 	stretch 	talk to someone 	deep breath 
take a break 	walk 	hug 	happy 	sad 	angry 	scared 	excited 
tired 	frustrated 	lonely 	overwhelmed 	focused 	worried 	sick 	silly 
calm 	hurt 	nervous 	proud 	stressed 	bored 	out of control 	disappointed 
wiggly 	okay 	surprised 	slow 	annoyed 	blue zone 	my body 	big problem 
music	green zone	trigger	what zone am I in	yellow zone	headphones	small problem	help