

# ZONES Tools Worksheet

Name of Tool	Circle the zone or zones you think the tool would help in.				
1. Six Sides of Breathing	Blue	Green	Yellow	Red	None
2. Soft Stress ball	Blue	Green	Yellow	Red	None
3. Hard Stress ball	Blue	Green	Yellow	Red	None
4. Bean bag squeeze	Blue	Green	Yellow	Red	None
5. Putty	Blue	Green	Yellow	Red	None
6. Lazy 8 Breathing	Blue	Green	Yellow	Red	None
7. Rice bin	Blue	Green	Yellow	Red	None
8. Weighted lap pad	Blue	Green	Yellow	Red	None
9. Wear headphones	Blue	Green	Yellow	Red	None
10. Wall push-ups	Blue	Green	Yellow	Red	None
11. Jumping	Blue	Green	Yellow	Red	None
12. Count to Ten	Blue	Green	Yellow	Red	None
13. Pressure squishes	Blue	Green	Yellow	Red	None
14. Bouncing on a ball	Blue	Green	Yellow	Red	None
15. Velcro under a desk	Blue	Green	Yellow	Red	None
16. Run in place	Blue	Green	Yellow	Red	None
17. Stretching station	Blue	Green	Yellow	Red	None
18. Calming sequence	Blue	Green	Yellow	Red	None
19. Roll ball between hands	Blue	Green	Yellow	Red	None
20. Finger Hugs	Blue	Green	Yellow	Red	None

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Name of Tool	Circle the zone or zones you think the tool would help in.				
21. Netting– rub/squeeze	Blue	Green	Yellow	Red	None
22. Stretchy band on desk	Blue	Green	Yellow	Red	None
23. Deep Breaths	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None
	Blue	Green	Yellow	Red	None