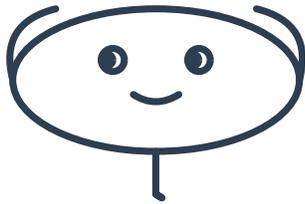


Coloring Book

BLUE ZONE



Manny the Manta Ray

GREEN ZONE



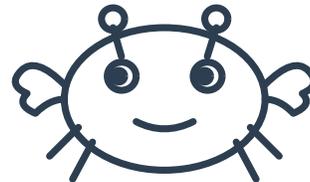
Stella the Starfish

YELLOW ZONE



Shelly the Seashell

RED ZONE

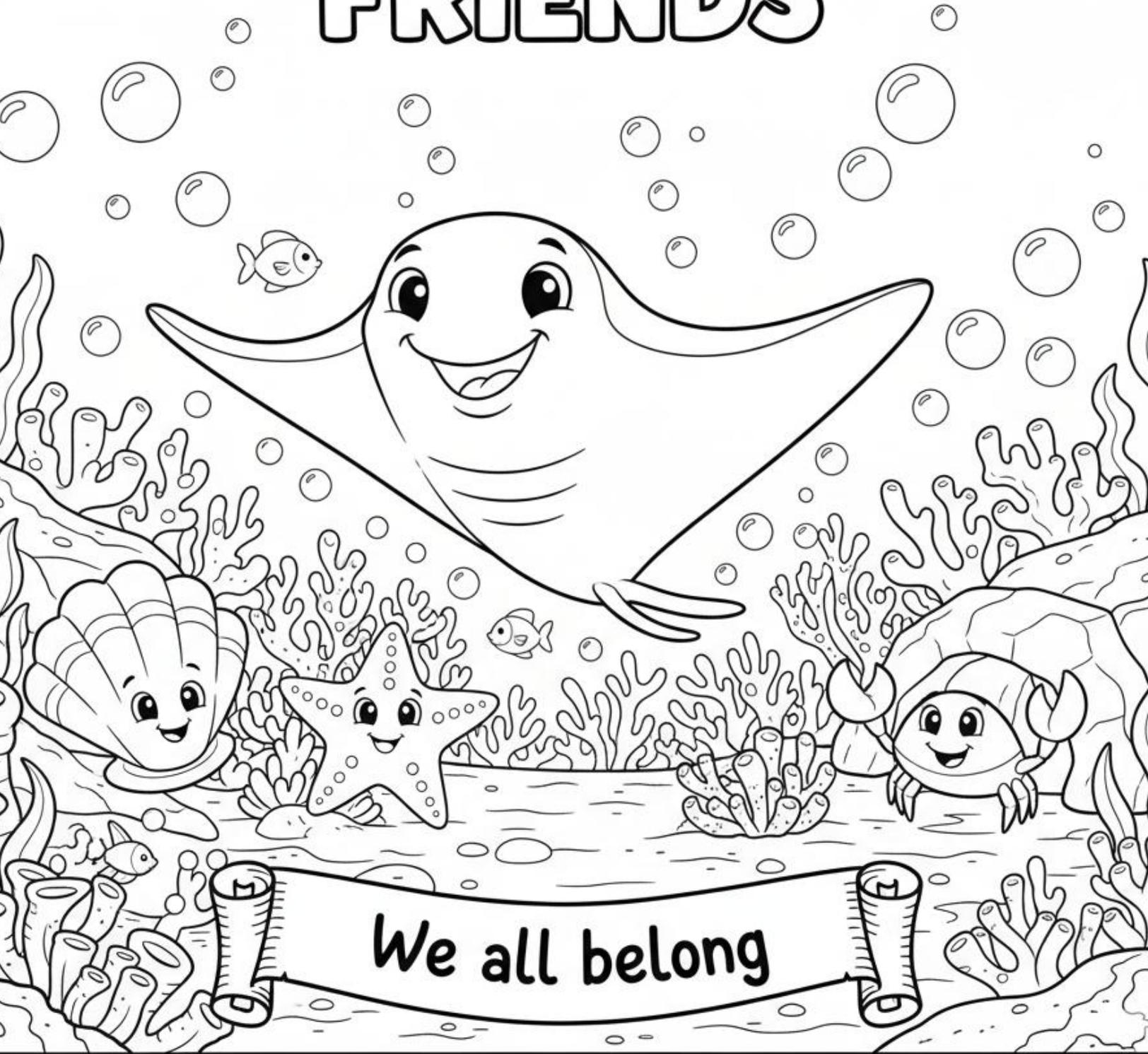


Crabby the Crab

✨ All Zones Are OK! ✨

This book belongs to:

THE OCEAN ZONES FRIENDS



We all belong

ANCHOR BREATH

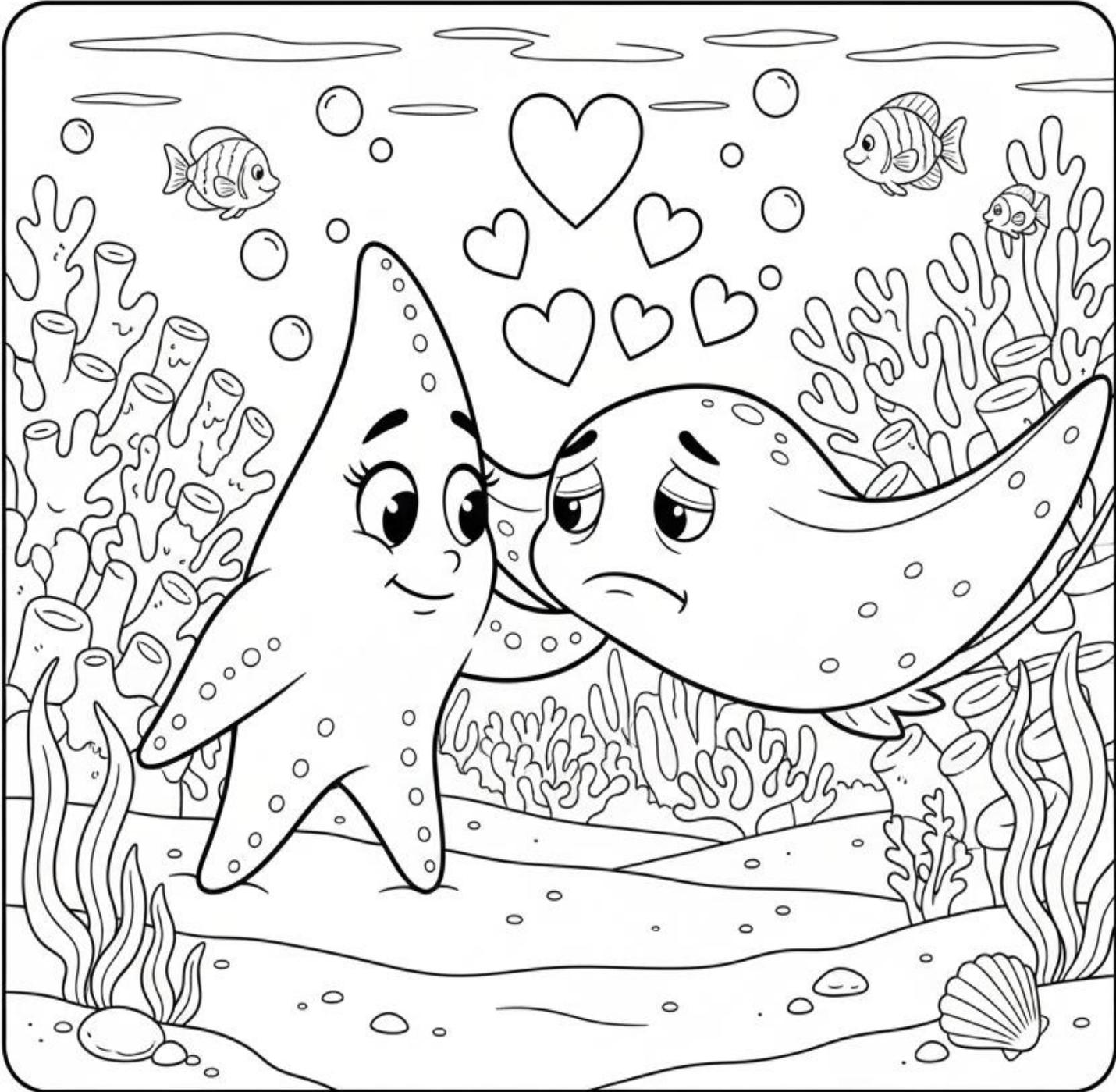


I am calm, I am strong

IT'S OKAY TO ASK ASK FOR HELP



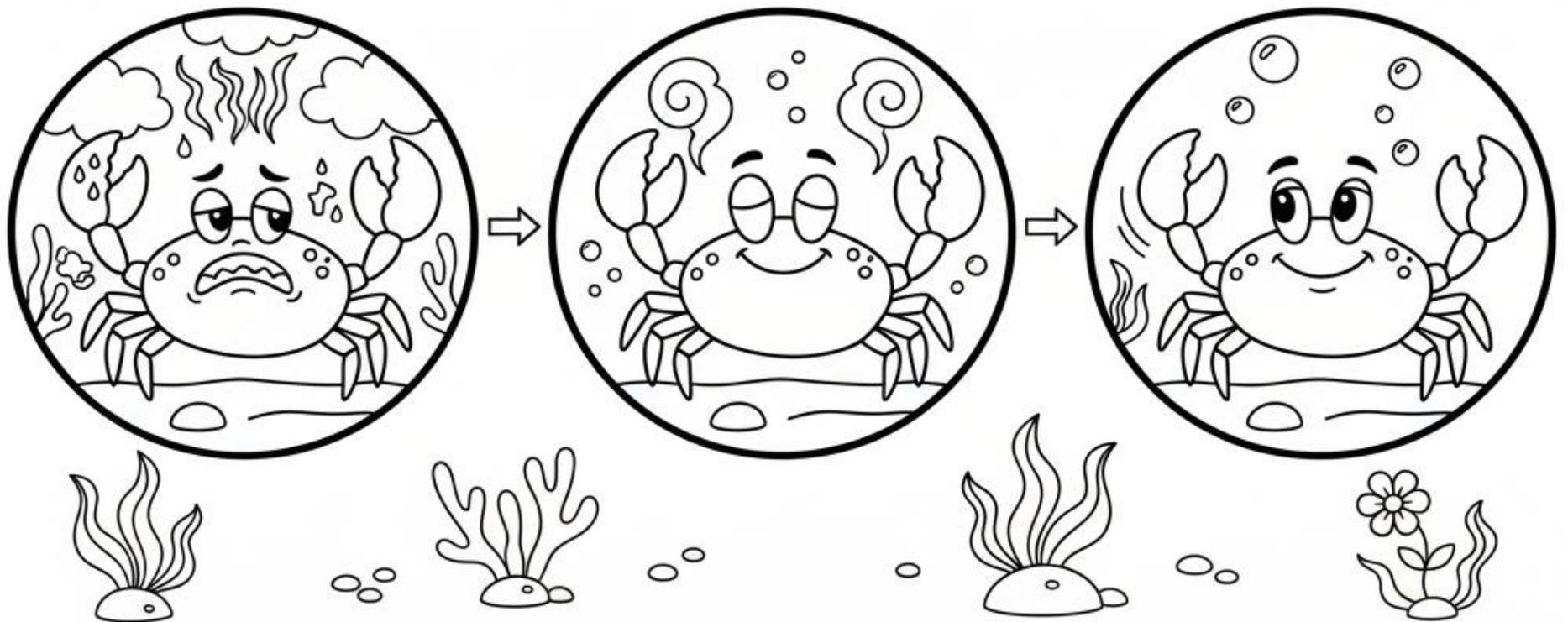
BEING A GOOD FRIEND



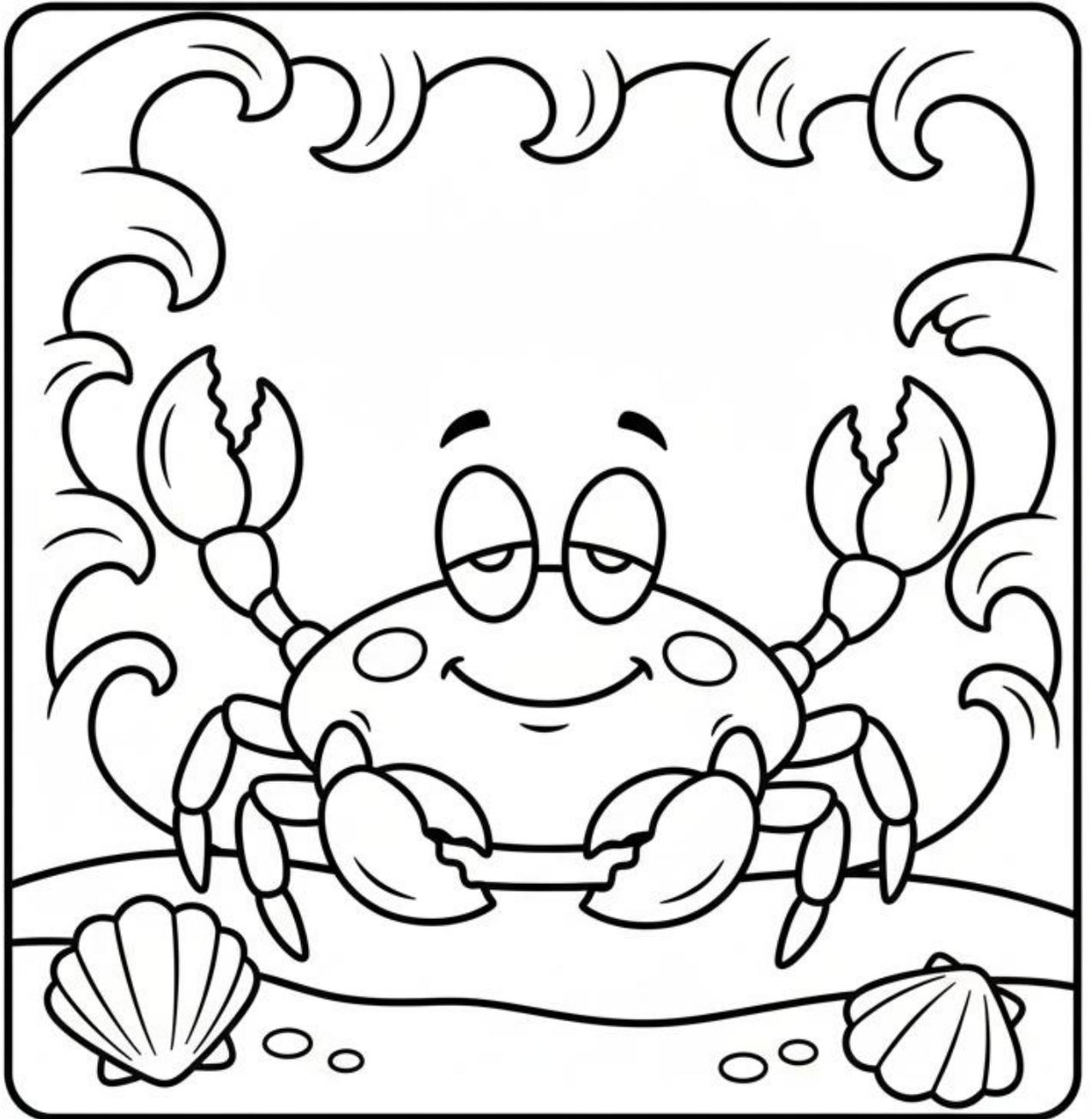
BUBBLE BREATH



I CAN CALM DOWN

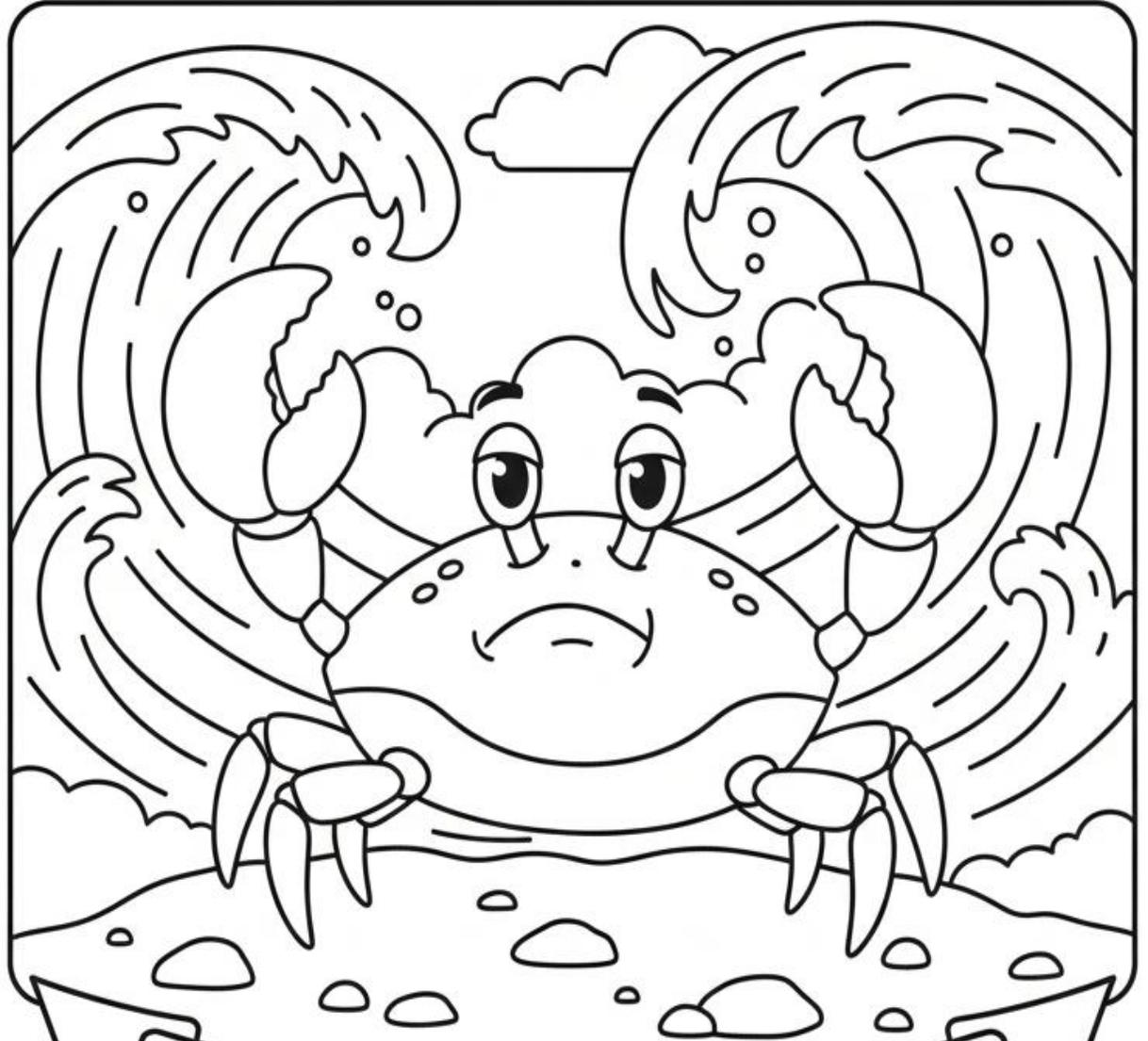


CRABBY CALMS DOWN



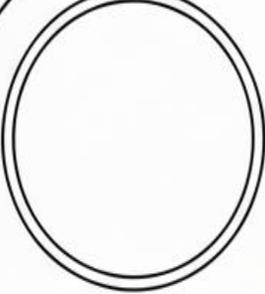
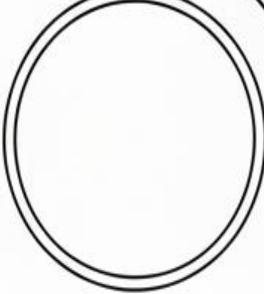
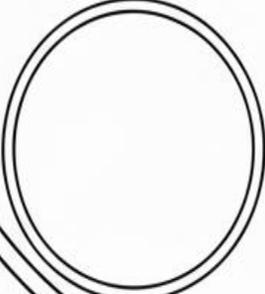
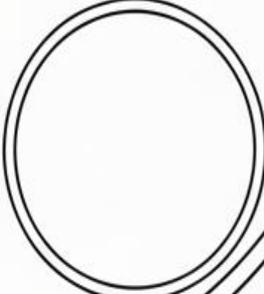
I can do this

RED ZONE



I feel angry or upset

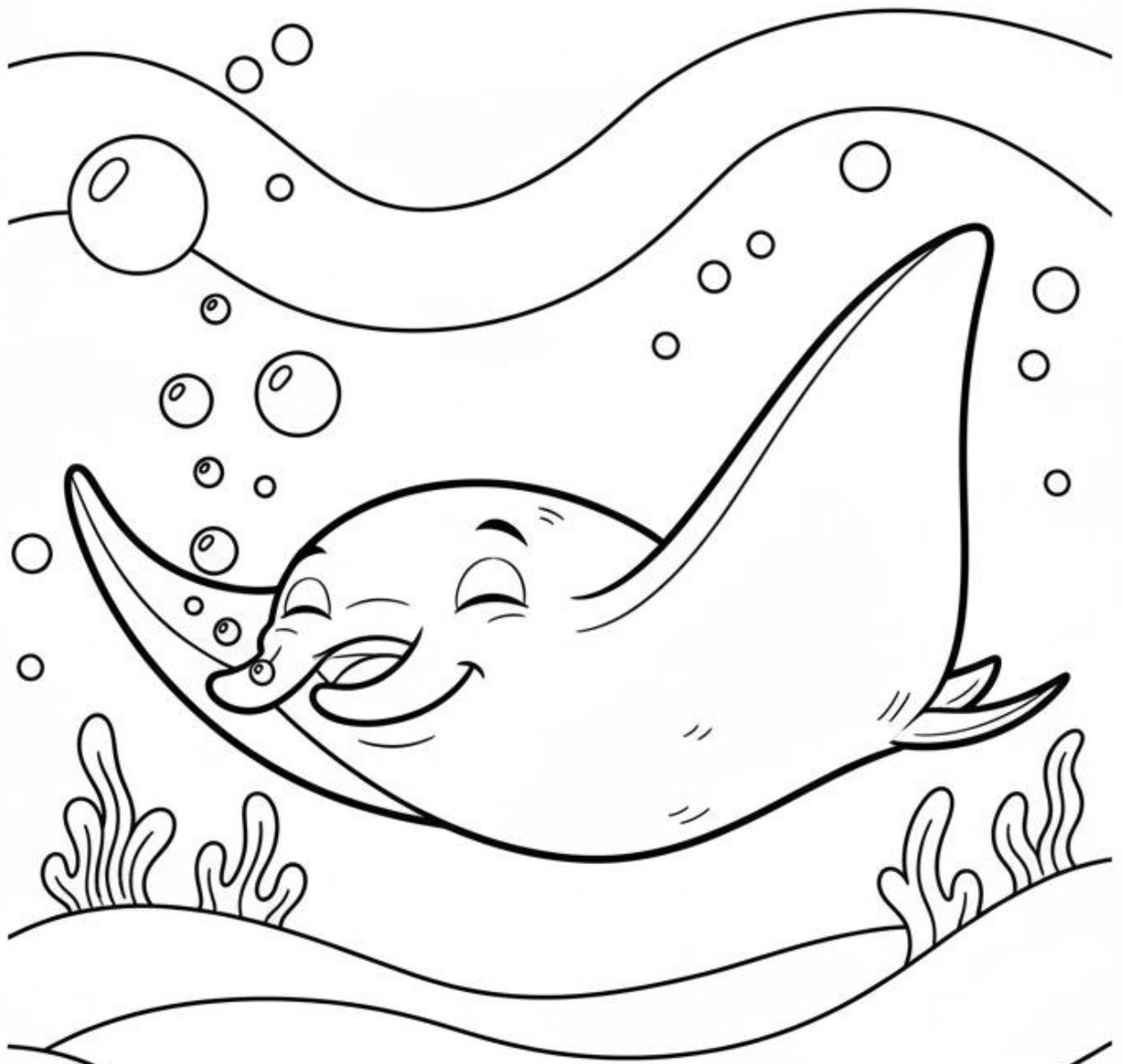
HOW DO I FEEL TODAY?

BLUE ZONE	GREEN ZONE
	
YELLOW ZONE	RED ZONE
	

YELLOW ZONE 
--

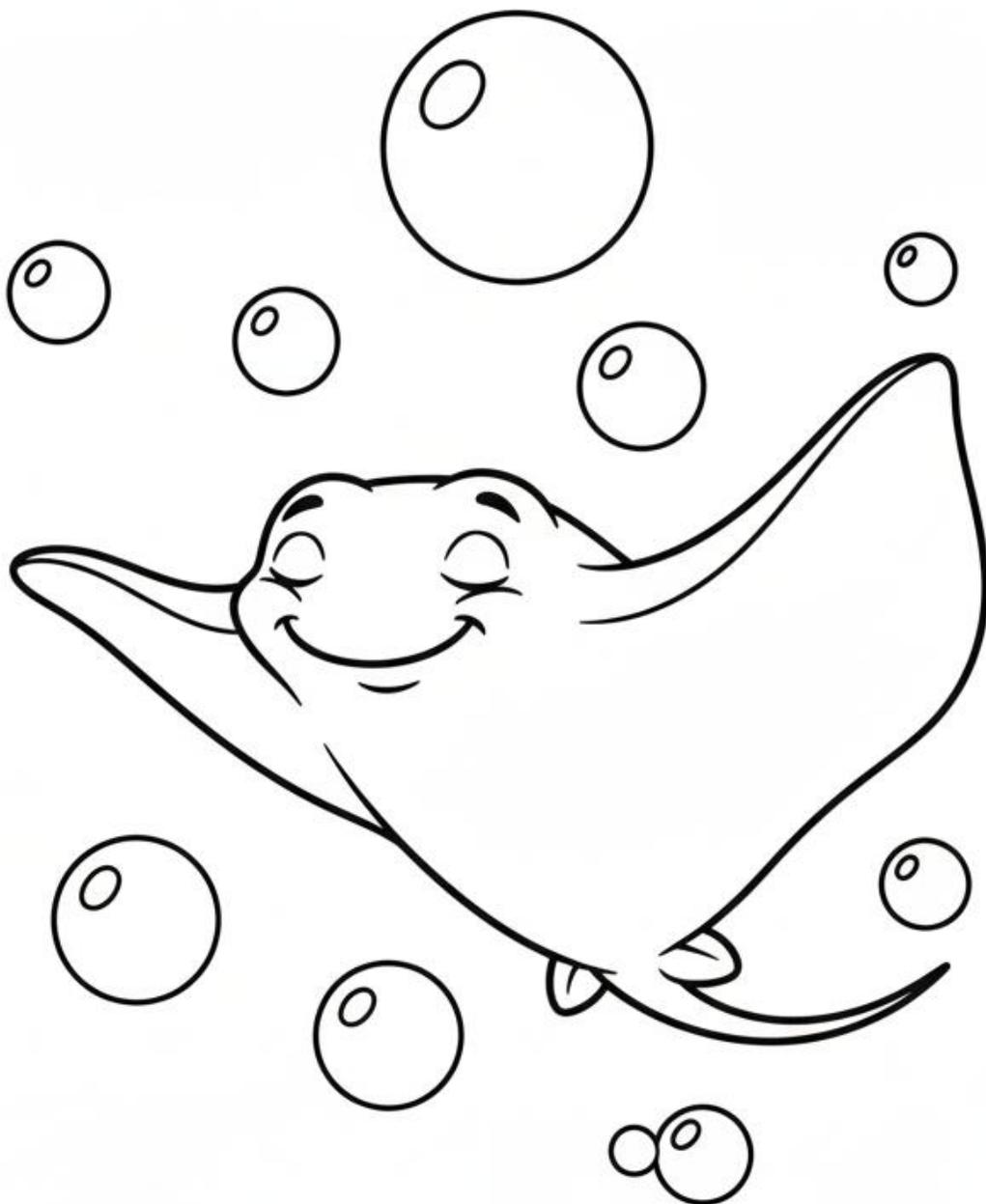
RED

BLUE ZONE



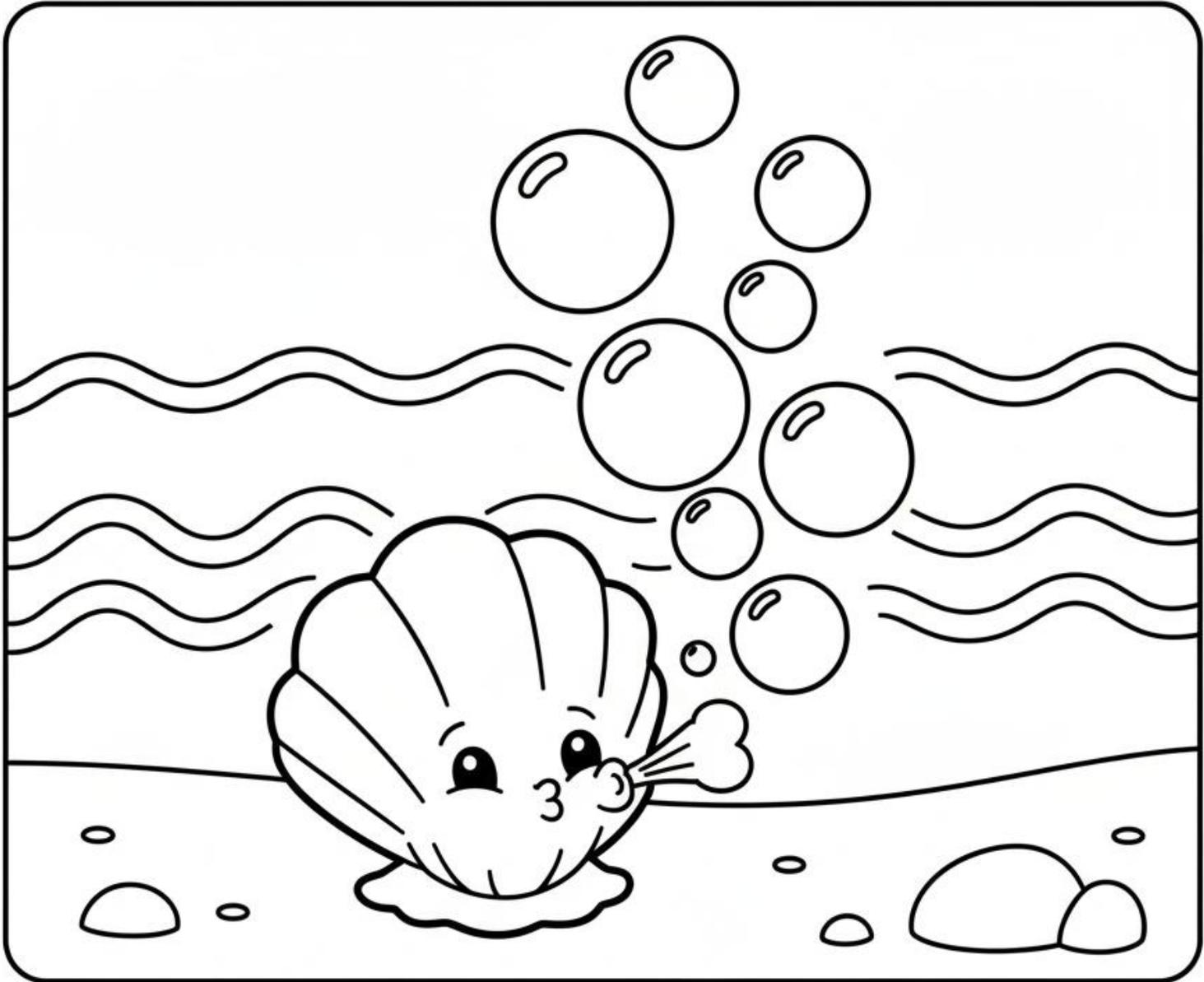
I feel slow and low

BREATHE WITH MANNY



Slow and gentle

SLOW DOWN WITH SHELLY



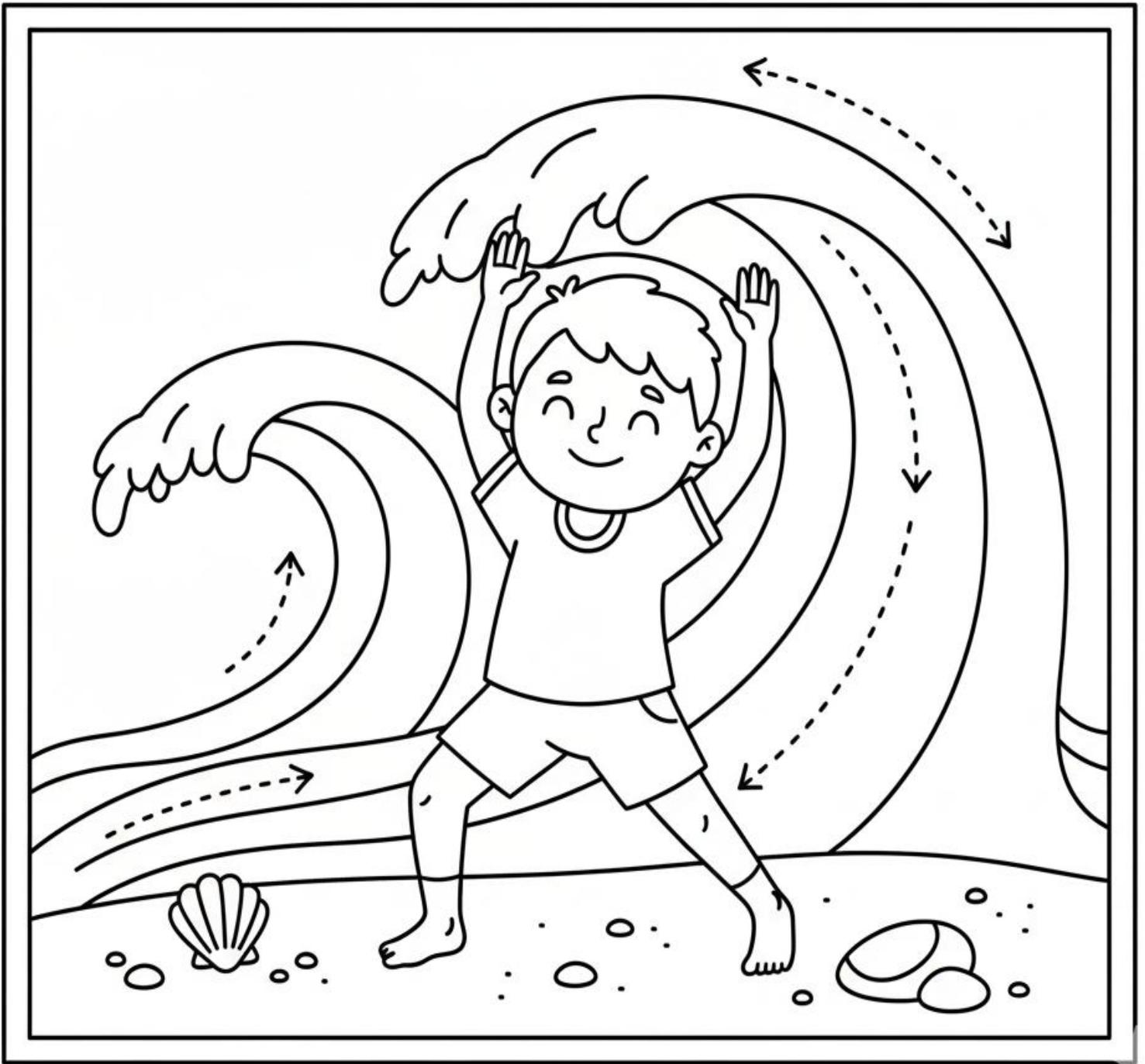
Blow out the bubbles

YELLOW ZONE

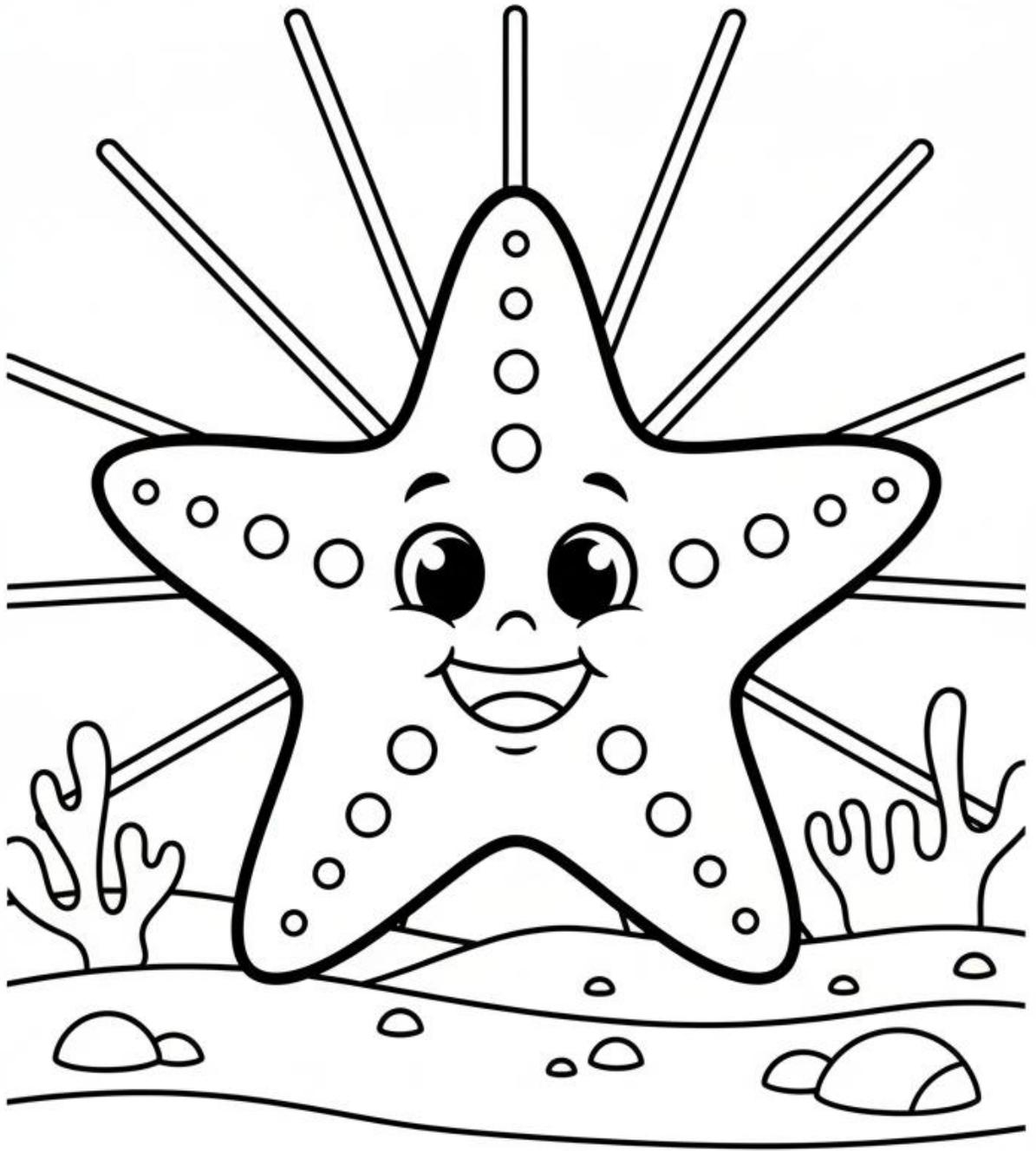


I feel wiggly and silly

WAVE BREATH



STAY CALM LIKE STELLA



Ready and focused

GREEN ZONE



I feel calm and ready

SPARKLE BREATH



HOW AM I FEELING?



BLUE ZONE



GREEN ZONE



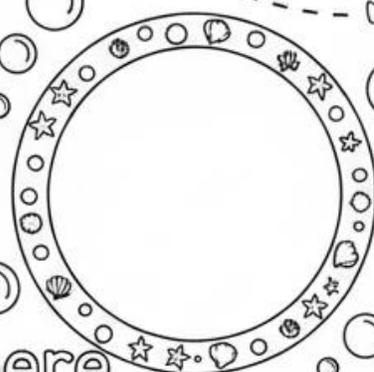
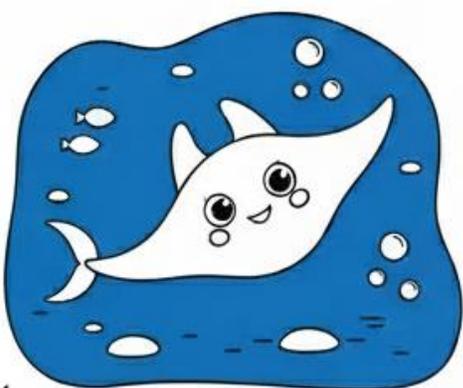
YELLOW ZONE



RED ZONE

MY OCEAN ZONES JOURNEY

FINISH



START

Draw yourself here