

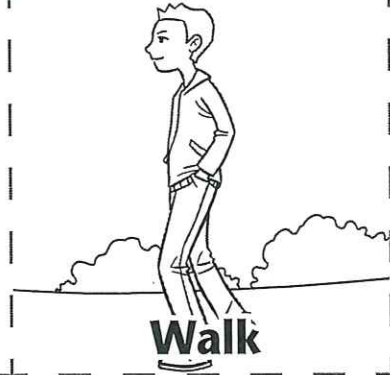
# ZONES Tools Menu



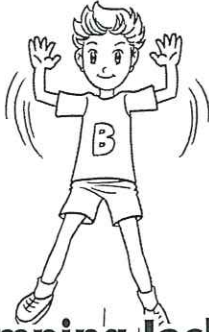
**Listen to Music**



**Squishes**



**Walk**



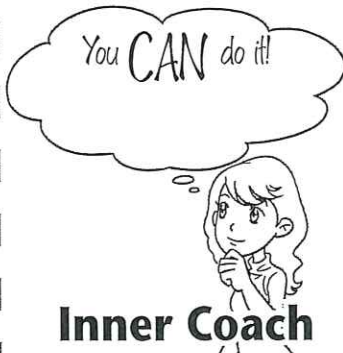
**Jumping Jacks**



**Shoulder Rub**



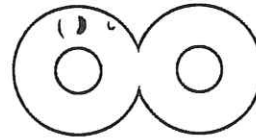
**Belly Breath**



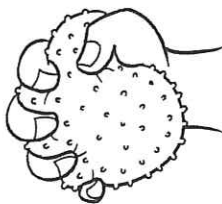
**Inner Coach**



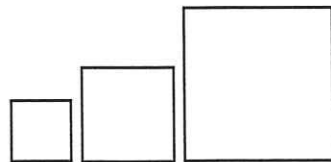
**Take a Break**



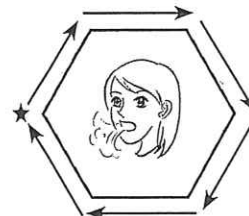
**Lazy 8 Breathing**



**Fidget Ball**



**Size of Problem**



**Six Sides of Breathing**

# ZONES Tools Menu

