

Blue Zone

What is the Blue Zone?

Running slow...

Sad Bored
Sick
Moving Slowly
Tired

The blue zone is used when a person is feeling low states of alertness or arousal.

When you're in the blue zone you may be feeling down – sad, sick, tired, or bored. You're still in control, just as you are in the yellow zone, but with low energy emotions.

How would your child behave in the Blue Zone?

- absence of feelings
- irritability
- lack of pleasure
- lack of motivation
- tearful
- withdrawn
- difficulty in concentrating

How might your child be feeling in the Blue Zone?



What coping strategies do we implement in school?

- Exercise
- Sensory / movement breaks
- Reflecting on what makes us happy
- Talking to our teachers and friends

What strategies can you use at home?

- Listen to upbeat music
- Be active
- Get up, get showered and get dressed
- Jump on a trampoline
- Talk to a friend
- Do something creative
- Cuddle or play with pets.
- Go for a walk
- Plan a fun activity
- Have a snack.

Stories to read at home

