

Yellow Zone

What is the Yellow Zone?



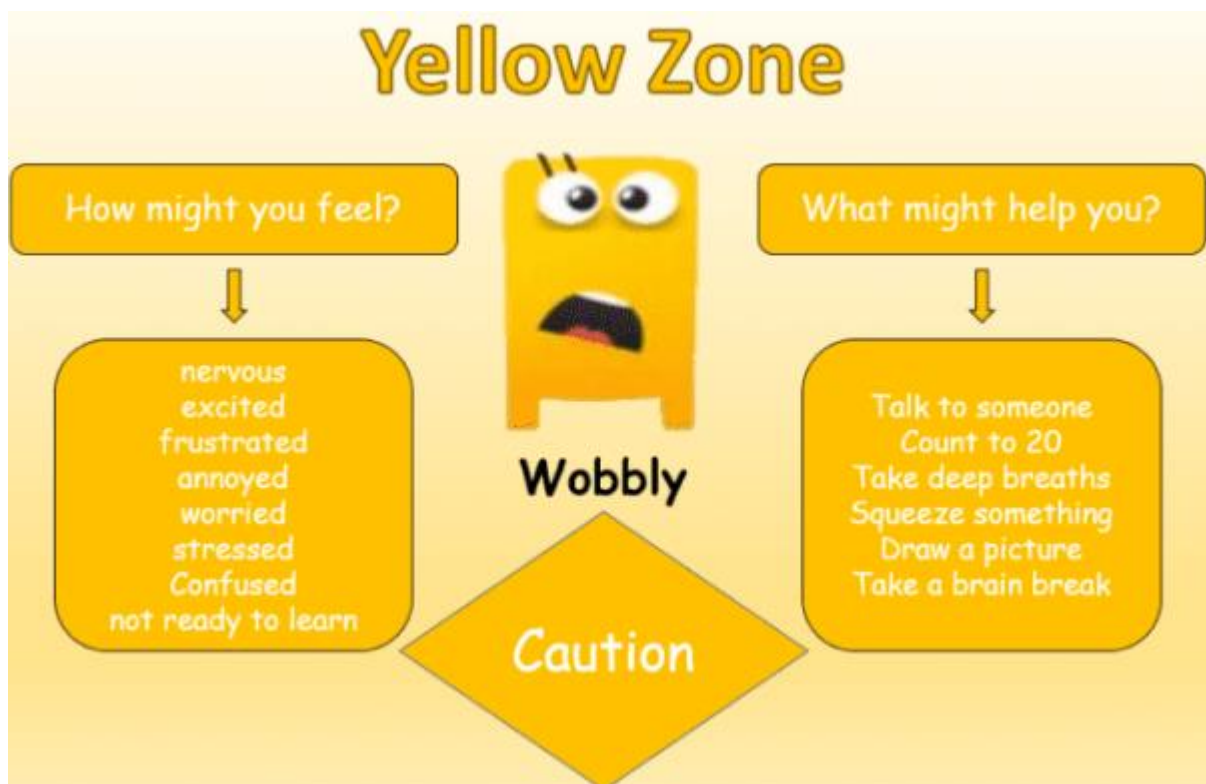
The yellow zone describes when you have a heightened sense of alertness.

This isn't always a bad thing, and you typically still have some control when you're in the yellow zone. Being in the yellow means you may feel frustrated, anxious or nervous. But, it could also mean you're feeling excited, silly, or hyper – which is okay in the right situations.

How would your child behave in the Yellow Zone?

- Avoiding situations
- Avoiding social settings
- Biting nails
- Sleeping issues
- Tearful
- Struggling to concentrate
- Hyper-vigilant

How might your child be feeling in the Yellow Zone?



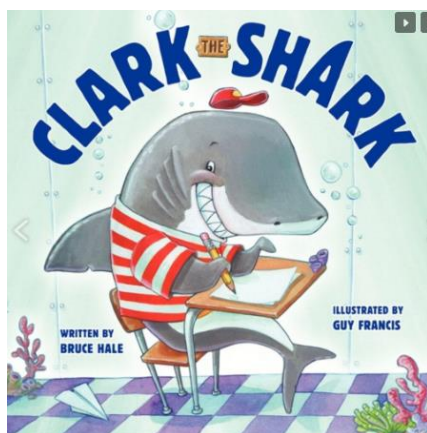
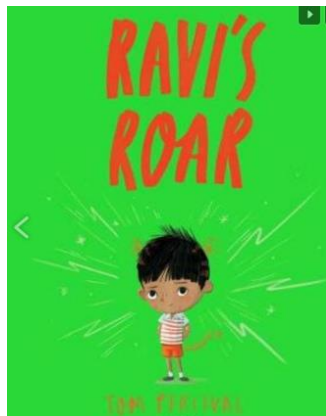
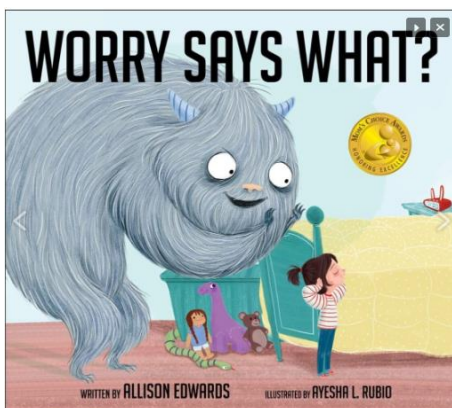
What coping strategies do we implement in school?

- Breathing strategies
- Take time out
- Read a book
- Mindfulness colouring
- Talk to someone you trust

What strategies can you use at home?

- Breathing techniques
- Take time out
- Relaxing exercises e.g. yoga/ stretches
- Meditation
- Keep a journal
- Make a worry monster
- Listening to calming music

Stories to read at home



Learning



Caring



Believing



Achieving