**What is the Blue Zone?**

The Blue Zone is used when a person is feeling low states of alertness or arousal.

When you are in the Blue Zone you may feel down- sad, sick, tired or bored. You are still in control, as when you are in the Yellow Zone, but with low energy emotions.

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**How would a child in the Blue Zone behave?**

* Absence of feelings
* Irritable
* Lack of pleasure
* Lack of motivation
* Tearful
* Withdrawn
* Difficulty in concentrating

**What coping strategies do we use for the Blue Zone?**

* Exercise
* Alerting sensory activities
* Reflecting on what makes us happy
* Talking to adults and friends

**What strategies can you use at home?**

* Listen to upbeat music
* Do something creative
* Do something outdoors
* Talk to friends
* Watch a funny movie
* Do something fun

**The Blue Zone**

**The Blue Zone**

**How might a child in the Blue Zone feel?**

**Talk to someone**

**Stretch**

**Take a brain break**

**Take a walk**

**Close your eyes**

**Running slow**

**Sad**

**Tired**

**Tearful**

**Moody**

**Hopeless**

**Unhappy**

**Withdrawn**

**Miserable**

**How might you feel?**

**Low**

**What might help you?**

