**What is the Green Zone?**

The Green Zone is used to describe a calm state of alertness.

Being in the Green Zone means you are calm, happy, and ready to learn. This is predominantly the state you want your child to be in. it is also the state most needed in the classroom in order to learn.

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

* Calm
* Focussed
* Happy
* Content

**What strategies do we use to keep children in the Green Zone?**

* Daily sensory breaks using sensory areas indoors and outdoors
* A focus on mental health in school
* PSHE lessons
* Mindful activities- ‘Me time’
* Circle times
* Positive behaviour policy
* Encouraging physical activity and a healthy lifestyle

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

* Self -care -a relaxing bath or reading a book
* Being organised for the next school day
* Spend time with friends and family
* Drink plenty of water
* Get a good night’s sleep
* Do things you love
* Eat well and do some exercise

**The Green Zone**

**The Green Zone**

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

**The goal of this exercise is to get to the GREEN ZONE.**

**What do you like to do to be happy, calm and ready to learn?**

**Good**

**to go**

**Proud**

**Calm**

**Content**

**Positive**

**Focussed**

**Thankful**

**Happy**

**Ready to learn**

**How might you feel?**

**Happy**

**What might help you?**

