**What is the Yellow Zone?**

The Yellow Zone describes 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 Zone means you may feel frustrated, anxious and nervous. Bit, it could mean you’re feeling excited, silly or hyper- which is okay in the right situations.

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

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

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

* Breathing strategies
* Meditation

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

* Breathing techniques
* Time out
* Relaxing exercise, such as yoga
* Meditation
* Writing a journal
* Make a worry monster
* Listen to calming music

**The Yellow Zone**

**The Yellow Zone**

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

**Nervous**

**Excited**

**Frustrated**

**Annoyed**

**Worried**

**Stressed**

**Confused**

**Not ready to learn**

**Talk to someone**

**Count to 20**

**Take deep breaths**

**Squeeze something**

**Draw a picture**

**Take a brain break**

**How might you feel?**

**Wobbly**

**Caution**

**What might help you?**



