

# Blue Zone



## What is the Blue Zone?

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, 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- Withdrawn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 feel in the blue zone?

- Sad
- Tired
- Tearful
- Moody
- Hopeless
- Unhappy
- Withdrawn
- Miserable

## What coping strategies might we implement in school?

- Exercise
- Alerting sensory breaks
- Reflecting on what makes us happy
- Talking to our teachers and friends

## What strategies can you use at home?

- Listen to upbeat music
- Complete some cardio based exercise
- 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

## Stories to read at home

Lucy's in lockdown – You tube  
Lucy's Blue Day