

Green Zone



What is the Green Zone?

The green zone is used to describe when you're in a calm state of alertness. Being in the green zone means you are calm, focused, happy, or ready to learn. This is predominantly the state you want your child to be in. It's also the state most needed in the classroom in order to learn.

How would your child behave in the green zone?

- Calm
- Focused
- Happy
- Content

How might your child feel in the green zone?

- Proud
- Calm
- Content
- Positive
- Focused
- Thankful
- Happy
- Ready to learn

What coping strategies might we implement in school?

- Implement daily sensory breaks
- PSHE lessons
- Positive behaviour policy
- Encourage a healthy lifestyle
- Teach children how to keep fit
- Mindfulness activities

What strategies can you use at home?

- Self care – treat yourself to a relaxing bath or a night off homework
- Organise your clothes for school the night before
- Spend time with family/ friends
- Eat healthy foods and drink plenty of water
- Get 8 hours+ sleep
- Take time to do something you love

Stories to read at home

The jar of happiness - You Tube

Tough guys have feelings too – You Tube

Augustus and his smile by Catherine Rayner – Bing video