

Yellow Zone



What is the Yellow Zone?

The yellow zone describes when you have 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 means you may feel frustrated, anxious or nervous. But, it could also mean you're feeling excited, silly or hyper - which is okay in the right situations

How would your child behave in the yellow zone?

- Avoiding situations
- Avoiding social situations
- Biting nails
- Sleeping issues
- Tearful
- Struggling to concentrate
- Hyper active

How might your child feel in the yellow zone?

- Nervous
- Excited
- Frustrated
- Annoyed
- Worried
- Stressed
- Confused
- Not ready to learn

What coping strategies might we implement in school?

- Breathing strategies eg five star breathing
- Finding a safe space
- Time out to think
- Use bubbles to calm
- Go outside for fresh air
- Complete a calming activity

What strategies can you use at home?

- Breathing techniques
- Take time out
- Relaxing exercises eg yoga
- Keep a journal
- Make a worry monster
- Listen to calming music

Stories to read at home

Ruby's Worry by Tom Percival – You tube