**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?**

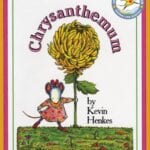
* absence of feelings
* irritability
* lack of pleasure
* lack of motivation
* tearful
* withdrawn
* difficulty in concentrating

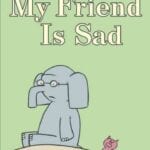
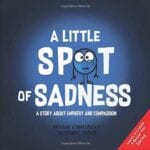
**What coping strategies do we implement in school?**

* 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
* Plan a fun activity
* Look through old photographs or snap some new ones.
* Re-watch a funny or inspiring YouTube video.

[](https://www.stmichaelsprimary.durham.sch.uk/send/zones-of-regulation/blue-zone/capture-3/)[](https://www.stmichaelsprimary.durham.sch.uk/send/zones-of-regulation/blue-zone/capture5/)[](https://www.stmichaelsprimary.durham.sch.uk/send/zones-of-regulation/blue-zone/capture3/)**Stories to read at home**

[](https://www.stmichaelsprimary.durham.sch.uk/send/zones-of-regulation/blue-zone/capture1/)[](https://www.stmichaelsprimary.durham.sch.uk/send/zones-of-regulation/blue-zone/capture4/)

* [Lucy’s In Lockdown – CBeebies style reading – YouTube](https://www.youtube.com/watch?v=-RXF5-29VGU)
* [Lucy’s Blue Day](https://www.youtube.com/watch?v=UmrUV8v-KQg" \t "_blank)