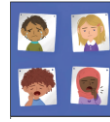


Blue ZONE



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, but with low energy emotions.

Blue zone vocabulary

Sad, sick, hurt, tired, shy, zoned out, bored, exhausted, slow, day dreaming, sleepy, blah, lonely, heartbroken, tearful and many more words.

How would you feel or present in blue zone?



Often when we are in blue zone we actually can't do anything about it, sadness is often tricky to feel and can be uncomfortable and children can revert to red zone behaviour – telling others to go away can feel like you are in control. The more that blue zone is normalised and vocabulary discussed the more children can be more in control of their emotions.

Expected or Unexpected

Everyone experiences all of the zones, none of the zones are “naughty” or “bad” zones. Zones are expected and unexpected in different contexts, e.g. you are expected to be in the Blue zone when you are going to bed and sleepy, when you have a poorly tummy and feel sick, a pet has died and you are sad, but it is unexpected in “carpet time”, when you are on a roller coaster, at the park.

We can use different tools to support us with our feelings this might be alerting us to wake up and give us energy, or it might be calming tools to help mirror the blue zone feelings. Both are appropriate but responses can change depending on individual preference, energy level, mood, blood sugar levels, other factors in the environment.

Blue zone tools to try

- | | |
|---|---|
| <ul style="list-style-type: none"> - Swinging quickly on playground swing, - Rocking quickly /slowly in a rocking chair - Running, skipping, galloping for at least 1-2 minutes - Jumping in place (trampoline, star jumps, skipping rope) - Wall push as if to move wall - Weight-bearing through arms via wheelbarrow walk, crabwalk - Dancing to rock, jazz, rap, or fast kids music to alert - Drinking grapefruit, cranberry or other tart juice - Crunchy foods e.g. pretzels, carrots, apples, to alert - Ride a bike up hills (pedal against resistance) - Cold shower or cold water on face or arms | <ul style="list-style-type: none"> - Look at fish tank, snow globes, lava lamp, campfire, or other slow-moving visual - Eat chewy foods (fruit roll-ups, bagels, dried fruit) - Drinking through a long, thin straw - Blowing bubbles, whistle - Play with “fidget toy” for hands - Listen to classical natural sounds with calm rhythm - Safe crashing: jump or fall into pile of pillows or mats; pillow fighting - Put hands into container of beans or rice or orbies - Climbing playground equipment; crossing monkey bars - Use a weighted blanket or teddy - Pushing or pulling heavy furniture |
|---|---|

