

Green ZONE



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.

Green Zone vocabulary

Happy, focused, content, peaceful, calm, safe, organised, connected, positive, thankful, joyful, proud, ready to learn and many more words.

How would you feel or present in Green Zone?



Expected or Unexpected

We may feel calm, content, happy, or focused in the Green Zone. Although this Zone is often associated with pleasant feelings, it is not the “best” or “good” Zone. It can be helpful to be in the Green Zone during classroom reading time, for example, but if you are trying to fall asleep, it can be more helpful to have a lower level of energy. And, of course, when playing a competitive sport, it's helpful to have more energy.

The more that the benefits of green zone are normalised and vocabulary discussed the more children can be more in control of their emotions and access their learning in the Green Zone.

Growth mindset [Growth Mindsets: help your child try new things - CBeebies](#)

Our brain acts like a muscle – the more we use it, the stronger (and smarter) our brain becomes.

A person with a growth mindset may do these things: - embrace challenges - give their best effort - learn from feedback - become inspired by other people's successes - believe their intelligence can change if they work hard.

A person with a fixed mindset may do these things: - avoid challenges - give up easily - ignore feedback - is threatened by other people's success - try hard to appear as clever or capable as possible.

1. **Talk about it** – Did you make a mistake today? What did you learn? What did you do that was difficult today?
2. **Praise the process** Instead of saying, “You're so clever!” praise effort, goal setting, persisting through challenges, “Wow! You must have worked really hard on this!”
3. **The brain can grow!** Intelligence is not fixed, each time we learn something new, our brains are making new connections, we can take on challenges. We are capable!
4. **Encourage Failure** - Failure can (and often does) happen and it is okay! Each time this happens your brain gets stronger! Don't step in to prevent your child's failure – this is how they learn to persevere in the face of challenges

Positive Self-talk

The way your child talks to themselves makes a huge impact on their mindset. If they say, “This is too hard!” help them change that to “I can't do this yet, but I will keep trying.”

1. Pay attention to what you are saying to yourself – “Is it positive or negative?”
2. Ask yourself – “Would I speak to a good friend in this way?”
3. Channel your inner coach, how can you talk to yourself in a supportive encouraging way?
4. Remember it's ok to make mistakes.
5. Remind yourself of your strengths, take a deep breath and have a go!