

Yellow ZONE

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.

Yellow Zone vocabulary

Excited, frustrated, nervous, silly, wiggly, giggly, worried, anxious, confused, embarrassed, annoyed, jealous, need to move, overwhelmed and many more words.

How would you feel or present in Yellow Zone?



Yellow Zone – Silly Wiggly Excited Hyper

Yellow Zone presents in two distinct ways which can be treated with different approaches. The silly wiggly side of Yellow Zone is expected when you are at a party, in the playground and in the park. The challenge for children is how to then end that exciting activity positively and regulate their emotions and body for the next part of the day. This is where the tools from Blue Zone, previously discussed will come in handy, some calming solutions might be the same. Practicing these skills and tools when in Green Zone will embed them and having a visual reminder of tools that work can support children to choose when they may be feeling overwhelmed.



Yellow Zone – Nervous Anxious Worried

Worry is a caution signal. It's a natural response to a big event, change, or challenge. Worry is a way of thinking and feeling ahead:

Am I ready for this?
What's going to happen?
Is it safe to go ahead?
What do I need to do to get ready?
How will I do it?

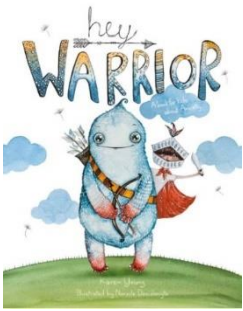
All of these feelings are normal. Try not to say, "There's nothing to worry about." This can make children think they shouldn't feel the way they do. Instead, listen calmly and accept how they feel.

Being Brave to Tackle Challenges

When worry happens, our job is to help children to learn that they can feel anxious and be brave. Being brave isn't about 'no anxiety'. In fact, whenever there is a need for brave behaviour, there will always be anxiety. It's the existence of anxiety that makes it brave. The key to strengthening children isn't about 'never experiencing anxiety', but about knowing they can handle anxiety. Often as adults if we are anxious about a situation or an event, we can inadvertently do two things:

- confirm to children that their negative self-talk 'I'm not strong enough/ brave enough/ good enough to do hard things.'
- send the message that anxiety should be avoided.

Celebrate Challenge



<https://www.heysigmund.com/> - Karren Young has activities, journals and ideas to support children based on her children's book Hey Warrior.

Discuss with your children – who is your inner cheerleader?
Design a Warrior to help them when things are tough
Use affirmations and positive self-talk to celebrate the hard times
'I am adaptable' 'I can have a go' 'I can't do this yet, but I'm going to try'

How to Use a Worry Monster?

- Introduce the worry monster to your child: Explain to your child that the worry monster is a special friend that can eat their worries. Show them how to use the zipper mouth to feed their worries to the monster.
- Encourage your child to talk about their worries: Create a safe and supportive environment where your child can share their worries with you. Ask open-ended questions and actively listen to their responses.
- Help your child write down their worries: Give your child a small notebook or a piece of paper where they can write down their worries. This can help them talk about their thoughts and feelings more clearly.
- Make a plan: There are some worries which can have solutions, if you are worried about being late for school – plan together the evening /morning routine to get to school
- Revisit worries : There are some worries which can be parked for a short time while we get on with the day and then can be revisited e.g. Nan is sick
- Park it: There are some worries which can be parked forever!
Driving a car, getting in a lift.
- Feed the worries to the monster: After your child has written down their worries, encourage them to "feed" the worries to the monster. This can help them feel like the worries are leaving their body.
- Reassure your child: Let your child know that it's okay to have worries and that everyone experiences them from time to time. Remind them that they can always talk to you or the worry monster if they need.

