



Blue Zone

Sad
Bored
Tired
Sick

Blue Zone:

Looks like



- Tears
- Sad face
- Yawning
- Head down
- Frowning
- Injured

Sounds like



- Crying
- Yawning
- Sighing
- Whining

Feels like



- Down
- No energy
- Slow motion
- Unwell
- Bored and unengaged

- Drink water
- Eat a snack
- Ask for a hug
- Write a worry for The Worry Box
- Talk to a friend
- Talk to one of your Give me 5 adults
- Reset - start again, try again!
- Be positive!