

Visuals for Parents:

- Coloured Zone followed by tools in each class
- Co-constructed/agreed with children in November 2025
- Subject to ongoing review in classes
- Please ask your class Teacher for any further information/how children can/should use them in school
- This may further support at home – at your discretion



Some feelings in the
BLUE ZONE

	
Bored	Hurt
	
Sick	Tired
	
Exhausted	Sad

Low levels of energy
and down feelings

Some feelings in the
GREEN ZONE

	
Calm	Happy
	
Okay	Focused
	
Proud	Relaxed

Calm energy and a
sense of control

Some feelings in the
YELLOW ZONE

	
Frustrated	Worried
	
Energetic	Silly
	
Excited	Annoyed

Higher energy and
stronger feelings

Some feelings in the
RED ZONE

	
Overjoyed	Wild
	
Angry	Out of Control
	
Terrified	Furious

Extremely high energy
and strongest feelings

Possible Body Signals

- Moving Slowly
- Slow Heartbeat
- Foggy Thinking
- Heavy Muscles

Possible Body Signals

- Comfortable Body
- Steady Breath
and Heartbeat
- Focused Thinking
- Relaxed Muscles

Possible Body Signals

- Wiggly Movement
- Faster Heartbeat
- Faster Thinking
- Tense Muscles

Possible Body Signals

- Hot/Sweating
- Pounding Heart
- Racing Thoughts
- Powerful Muscles

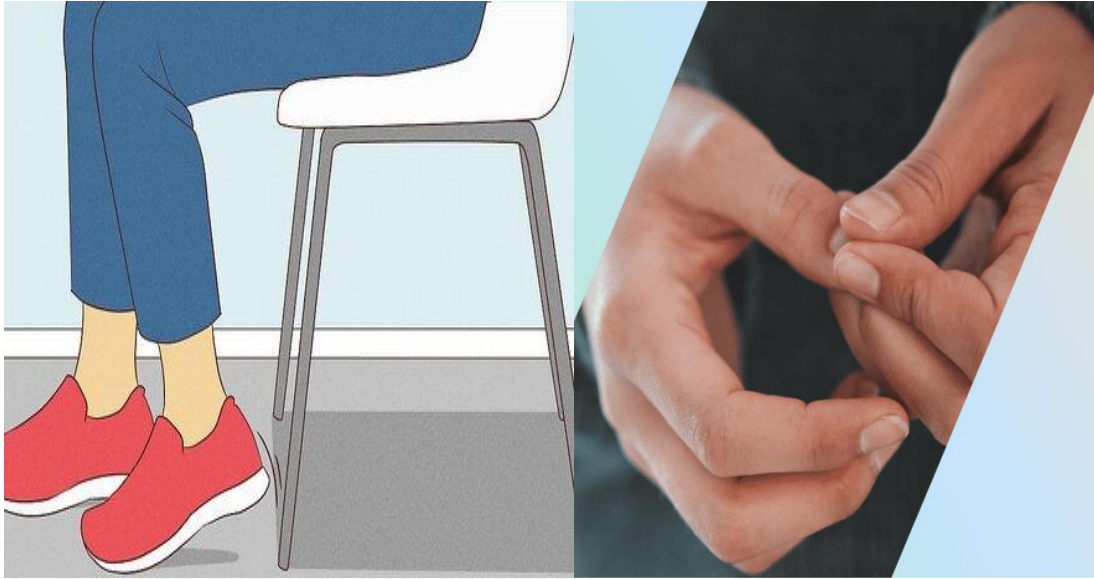


The logo is a blue silhouette of a toolbox with a handle on top and a latch on the left. The text "Blue Zone Tool" is written in white, bold, sans-serif font across the center of the toolbox.

**Blue Zone
Tool**



Bryon Class



Self-Fidget



**Connect with
Someone**

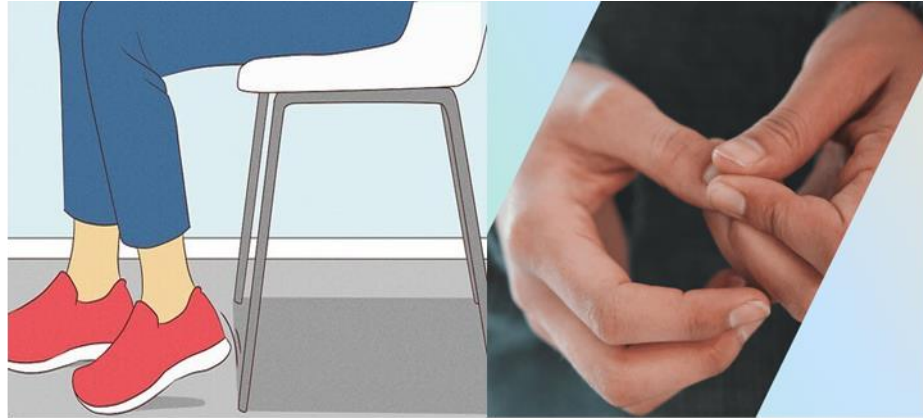


Cuddly



Yarlett Class

End of the
Rainbow



Self-Fidget

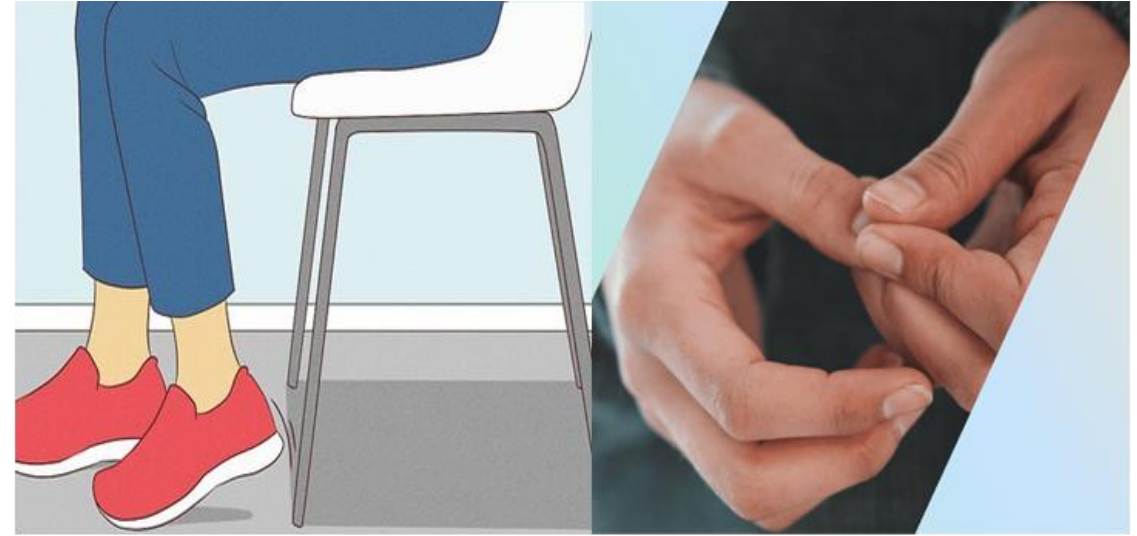


**Connect with
Someone**



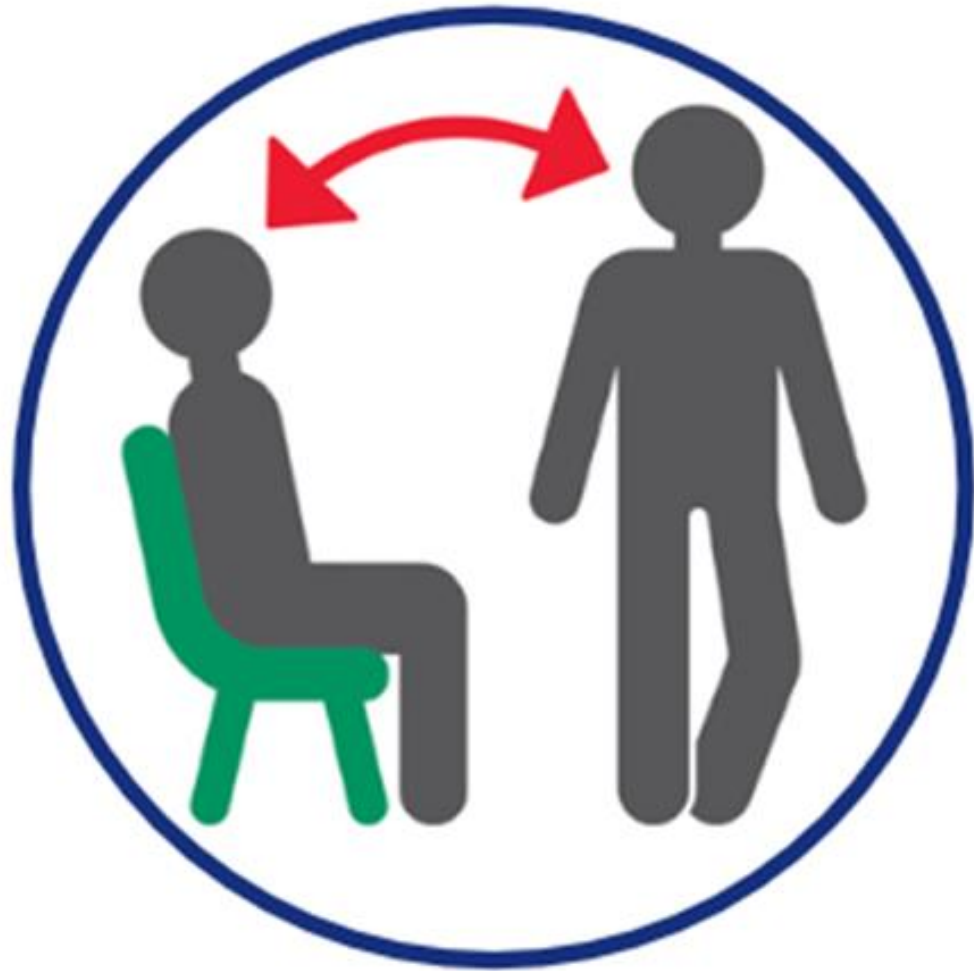
Blabey Class

End of the Rainbow



Self-Fidget

Change It Up



Connect with Someone



Morpurgo Class



End of the
Rainbow





**Connect with
Someone**

A green silhouette of a toolbox with a handle on top and a latch on the left side. The text "Green Zone Tool" is written in white inside the toolbox.

Green Zone Tool



Bryon Class



Hydrate



Jumper



Yarlett Class



Hydrate



Jumper



Blabey Class



Jumper



Blinds Down



**Adjusting
Lights**



Air Flow



Morpurgo Class



Blinds Down



**Adjusting
Lights**



Air Flow

The logo is a bright yellow, stylized shape resembling a toolbox or a briefcase. It has a handle on top and a latch on the right side. The text "Yellow Zone" and "Tool" is written in white, bold, sans-serif font across the center.

**Yellow Zone
Tool**



Bryon Class



5 Finger Breathing



Lotus Position



Yarlett Class



5 Finger Breathing



Lotus Position



Blabey Class

End of the Rainbow





5 Finger Breathing

Ocean Breaths



Headphones





Morpurgo Class

End of the Rainbow



5 Finger Breathing

Ocean Breaths



Muscle Tense & Relax

The logo is a red, rounded rectangular shape with a handle on top and a latch on the left. The text "Red Zone Tool" is written in white, bold, sans-serif font in the center.

**Red Zone
Tool**



Bryon Class



***Give me some
space!***



5 Finger Breathing



Yarlett Class



5 Finger Breathing



***Give me some
space!***

Ocean Breaths





Blabey Class



5 Finger Breathing



*Give me some
space!*

Ocean Breaths





Pacing

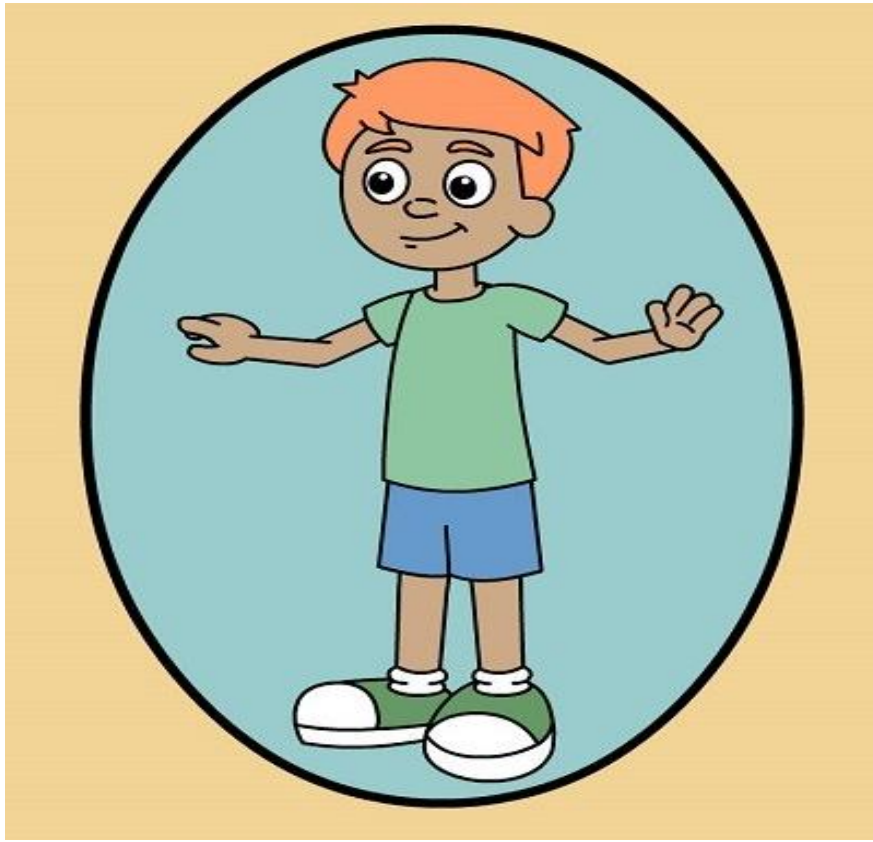
**SAFE
SPACE**



Morpurgo Class



5 Finger Breathing



***Give me some
space!***

Ocean Breaths





Pacing

