

The **Blue Zone** is when a person is feeling low states of arousal or alertness. When you are in the Blue Zone you may be feeling down - sad, sick, tired or bored. You're still in control as you are in the yellow zone, but with low energy emotions.

### How would your child behave in the Blue Zone?

- absence of feelings
- irritability
- lack of pleasure
- lack of motivation
- tearful
- withdrawn
- difficulty in concentrating



### What strategies can you use at home?

- ✓ Listen to upbeat music
- ✓ Complete some cardio based exercise
- ✓ Get up, get showered and get dressed
- ✓ Jump on a trampoline
- ✓ Talk to a friend
- ✓ Do something creative
- ✓ Cuddle or play with pets
- ✓ Go for a walk
- ✓ Plan a fun activity
- ✓ Look through old photographs or snap some new ones
- ✓ Re-watch a funny or inspiring YouTube video

[Click to read/listen to Lucy's Blue Day](#) - a children's mental health animated short.