

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.



How would your child behave in the Yellow Zone?

- Avoiding situations
- Avoiding social settings
- Biting nails
- Sleeping issues
- Tearful
- Struggling to concentrate
- Hyper-vigilant

What strategies can you use at home?

- ✓ Breathing techniques
- ✓ Take time out
- ✓ Relaxing exercises e.g. yoga/ stretches
- ✓ Meditation
- ✓ Keep a journal
- ✓ Make a worry monster
- ✓ Listening to calming music

Click [here](#) to watch Ruby's Worry by Tom Percival | Read by Teacher Charla