

Ocean Zones

A Family Guide to Understanding the Four Zones

Helping children recognize and regulate their emotions

What is Ocean Zones?

Ocean Zones is a social-emotional learning program your child is using at school. It teaches children to recognize their feelings using four color-coded "zones" represented by friendly ocean characters. Each zone comes with simple breathing techniques that help children return to a calm, focused state. **This guide will help you use the same language and strategies at home.**

✨ All Zones Are OK! ✨

Every emotion is valid. The goal isn't to avoid feelings—it's to recognize them and know what to do.



BLUE ZONE

Manny the Manta Ray

FEELS LIKE:

Tired, sad, sick, bored, sluggish, low energy

BODY CLUES:

Heavy body, droopy eyes, slow movements, yawning

Manta Glide Breath: IN 4 → HOLD 2 → OUT 5

Arms rise like wings on inhale, float down on exhale



GREEN ZONE

Stella the Starfish

FEELS LIKE:

Calm, happy, focused, content, ready to learn

BODY CLUES:

Relaxed muscles, steady breathing, clear thinking

Sparkle Breath: IN 4 → HOLD 2 → OUT 5

Breathe in starlight, let it sparkle inside, breathe out calm



YELLOW ZONE

Shelly the Seashell

FEELS LIKE:

Excited, silly, wiggly, anxious, nervous, unfocused

BODY CLUES:

Fidgety hands, bouncy legs, fast talking, butterflies

Spiral Breath: IN 4 → HOLD 2 → OUT 5

Trace a spiral inward on inhale, outward on exhale



RED ZONE

Crabby the Crab

FEELS LIKE:

Angry, furious, terrified, overwhelmed, out of control

BODY CLUES:

Clenched fists, tight jaw, fast heartbeat, hot face

Claw Reset Breath: IN 4 → HOLD 2 → OUT 5

Squeeze fists like crab claws on inhale, release on exhale

Using Ocean Zones at Home

Model It Yourself

"I'm feeling a little Yellow right now—I'm going to take some Spiral Breaths." Children learn by watching you regulate.

Check In, Don't Fix

"What zone are you in right now?" is more powerful than "Calm down." Let them identify their own state.

Celebrate All Zones

Yellow excitement before a birthday? That's okay! Blue sadness after saying goodbye? Valid. Zones aren't "good" or "bad."

Practice When Calm

Practice breathing techniques during Green Zone moments so they're automatic when needed in Red or Yellow.

Helpful Phrases to Try

✓ ~~"Stop crying"~~ →
"I see you're in Blue Zone. I'm here with you."

✓ ~~"Calm down!"~~ →
"Let's do some Claw Resets together."

✓ ~~"You're being too wild"~~ →
"Your body looks Yellow. What might help?"

✓ ~~"What's wrong with you?"~~ →
"What zone are you in? What do you need?"

Quick Reference: All Breaths Use 4-2-5

BLUE

Manta Glide
Arms like wings

GREEN

Sparkle Breath
Breathe in light

YELLOW

Spiral Breath
Trace the spiral

RED

Claw Reset
Squeeze & release

Calm Connections Learning Lab LLC

Ocean Zones K-5 Social-Emotional Learning Curriculum
www.CalmConnectionsLab.com

© 2025 Calm Connections Learning Lab LLC | Oak Harbor, Ohio