

MEET YOUR OCEAN ZONE FRIENDS!

An Introduction to the 4 Ocean Zones Characters

MANNY THE MANTA RAY

Blue Zone - Tired & Low Energy

 MANNY THE MANTA RAY

Blue Zone

When I'm in the Blue Zone, I feel...

- 🥱 Tired and sleepy
- 🐢 Slow and sluggish
- 😞 Sad or bored
- 🪫 Low energy
- 😞 Not ready to learn

My body feels...

- Heavy and slow
- Hard to move
- Like I need to rest
- Droopy and tired

I need help to...

- ⚡ Wake up my body
- 🌊 Get gentle energy
- ❤️ Feel more alert
- ✨ Get ready to learn

Manny's favorite breathing techniques:

1. **Manta Glide** - Gentle arm movements with deep breaths
2. **Ocean Wave** - Slow, rolling breaths like waves
3. **Deep Dive** - Deep belly breaths for energy

4. **Peaceful Breathing** - Calm, steady breaths

When might I be in the Blue Zone?

- First thing in the morning
- After lunch (food coma!)
- When I'm sick or not feeling well
- When I'm sad or lonely
- During boring or repetitive tasks

★ STELLA THE STARFISH

Green Zone - Calm & Ready to Learn

★ STELLA THE STARFISH
Green Zone

When I'm in the Green Zone, I feel...

- 😊 Happy and calm
- 🎯 Focused and ready
- ❤️ Peaceful and content
- ✅ Ready to learn
- 🌟 Just right!

My body feels...

- Relaxed and comfortable
- Ready to work
- Calm and steady
- In control

This is my goal zone!

- 🎓 Best for learning
- 🤝 Best for making friends
- ✏️ Best for doing work
- 🧠 Best for thinking clearly

Stella's favorite breathing techniques:

1. **Bubble Breathing** - Gentle breaths like blowing bubbles
2. **Belly Breathing** - Calm breaths from the belly
3. **Box Breathing** - Steady, even breaths
4. **Shell Listening** - Quiet, peaceful breaths

When might I be in the Green Zone?

- During favorite activities
- When I feel safe and comfortable
- After using my calming tools
- When I'm with people I trust
- During calm, structured activities



SHELLY THE SEASHELL

Yellow Zone - Excited & Elevated

 SHELLY THE SEASHELL

Yellow Zone

When I'm in the Yellow Zone, I feel...

- 🤪 Excited and silly
- 🎉 Lots of energy!
- 😬 Worried or nervous
- 🤸 Wiggly and active
- 🧡 Hard to sit still

My body feels...

- Full of energy
- Wiggly and moving
- Hard to control
- Fast and buzzy

I need help to...

- 🌊 Calm down
- 🧘 Slow my body
- 🧡 Feel more peaceful
- 📌 Get back to Green Zone

Shelly's favorite breathing techniques:

1. **Sparkle Breathing** - Quick breaths that slow down
2. **Star Breathing** - Tracing a star while breathing
3. **Celebration Breathing** - Big breaths to release energy
4. **Bunny Breathing** - Quick then slow breaths

When might I be in the Yellow Zone?

- During recess or gym
- Before exciting events (field trips, parties)
- When I'm worried about something
- During transitions or changes
- When I have too much energy

CRABBY THE CRAB

Red Zone - Angry & Intense

 **CRABBY THE CRAB**

Red Zone

When I'm in the Red Zone, I feel...

- 😡 Angry and mad
- 😞 Frustrated
- 🤪 Out of control
- 😡 Very upset
- ❤️ BIG feelings!

My body feels...

- Hot and tense
- Shaky or tight
- Ready to explode
- Out of control

I need help to...

-  Cool down
-  Feel safe
-  Calm my big feelings
-  Get back in control

Crabby's favorite breathing techniques:

1. **Claw Reset** - Squeeze and release with breaths
2. **Cooling Breath** - Breaths that cool you down
3. **Anchor Breathing** - Grounding, steady breaths
4. **Storm to Calm** - Big breaths that get smaller

When might I be in the Red Zone?

- When things don't go my way
- When I'm told "no"
- When I'm overwhelmed
- When someone hurts my feelings
- When I feel unsafe or scared

UNDERSTANDING THE ZONES

All Zones Are Okay!

Every zone is a normal part of being human. We all move through different zones throughout the day.

The Goal: Green Zone

While all zones are okay, the **Green Zone** is where we learn best, make good choices, and feel our best.

We Can Change Our Zones!

Using our tools (like breathing techniques), we can move from:

-  Blue →  Green (wake up our bodies)
-  Yellow →  Green (calm down)

- 🌶️ Red → ★ Green (cool down and feel safe)
-

HOW FAMILIES CAN HELP

At Home:

1. **Talk about zones** - "What zone are you in right now?"
2. **Model zones** - "I'm in the Yellow Zone because I'm excited about our trip!"
3. **Practice breathing** - Try the techniques together
4. **Create a calm space** - A quiet corner at home
5. **Celebrate progress** - "Great job using your breathing to get to Green!"

Zone Check-Ins:

- Morning: "What zone are you starting the day in?"
- After school: "What zones did you experience today?"
- Before bed: "Let's use breathing to get to Green Zone for sleep"

Supporting Each Zone:

Blue Zone (Tired):

- Gentle movement (stretching, walking)
- Healthy snack
- Drink water
- Go outside for fresh air

Green Zone (Calm):

- Celebrate! "You're in Green Zone!"
- This is the best time for homework
- Enjoy calm activities together

Yellow Zone (Excited):

- Physical activity to release energy
- Practice calming breaths
- Quiet activities (reading, coloring)
- Reduce stimulation

Red Zone (Angry):

- Stay calm yourself
- Give space if needed
- Offer comfort when ready
- Practice cooling breaths together

- Talk about feelings when calm
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LEARNING MORE

Questions to Ask Your Child:

- "Which character is your favorite?"
- "What zone are you in right now?"
- "What helps you get to Green Zone?"
- "Which breathing technique do you like best?"

Signs Your Child Is Learning:

- ✓ Names the zones and characters
 - ✓ Identifies their own zones
 - ✓ Uses zone language ("I'm in Yellow Zone")
 - ✓ Tries breathing techniques
 - ✓ Uses the calm corner
 - ✓ Asks for help with zones
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QUESTIONS?

Contact Your Child's Teacher:

- Ask about their progress with Ocean Zones
- Request specific strategies for home
- Share what's working at home
- Celebrate successes together!

Learn More:

- Visit: www.CalmConnectionsLab.com
 - Email: Support@CalmConnectionsLab.com
 - Join our parent community (ask your teacher for link)
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REMEMBER

All zones are okay!

The goal isn't to always be in Green Zone. The goal is to:

1. **Recognize** what zone we're in
2. **Understand** what we need
3. **Use tools** to get to Green Zone when needed

You're helping your child develop lifelong emotional regulation skills!

Thank you for being part of their Ocean Zones journey! 

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This document is free to share with families!

Print, email, or send home as needed.



MORE FREE RESOURCES

Visit www.CalmConnectionsLab.com/educators/resources for:

- Four Zones poster (printable)
- Quick start checklist
- Week 1 lesson plans
- Breathing technique cards
- Parent letter template
- And more!

All free. No credit card required. 