

OCEAN ZONES AT A GLANCE

Quick Reference Guide for Feelings, Strategies & Breathing Techniques

BLUE ZONE

Calm & Ready



Manny the Manta Ray

FEELINGS

- Calm
- Focused
- Ready to Learn
- Peaceful

COPING STRATEGIES

- Continue learning
- Help others
- Maintain routine
- Stay present

BREATHING TECHNIQUES

- Manta Glide (4-2-6)
- Jellyfish Float (4-4-6)
- Deep Sea (5-2-7)
- Peaceful Wave (4-2-6)

PURPLE ZONE

Safe & Supported



Shelly the Shell

FEELINGS

- Sad
- Tired
- Lonely

- worried

COPING STRATEGIES

- Take a break
- Talk to someone
- Use calming tools
- Rest in safe space

BREATHING TECHNIQUES

- Shell Breath (4-2-6)
- Gentle Breathing (3-2-5)
- Driftwood Breath (4-3-6)
- Comfort Breath (5-2-7)

YELLOW ZONE

Energized & Joyful



Stella the Starfish

FEELINGS

- Excited
- Silly
- Energetic
- Happy

COPING STRATEGIES

- Movement breaks
- Channel energy
- Dance or stretch
- Celebrate safely

BREATHING TECHNIQUES

- Bubble Breath (2-2-4)
- Sunshine Starfish (3-1-5)
- Celebration Breath (4-1-6)
- Dancing Dolphin (3-1-4)

RED ZONE

Strong Feelings



Crabby the Crab

FEELINGS

- Frustrated
- Angry
- Out of Control
- Overwhelmed

COPING STRATEGIES

- Take space
- Use safe release
- Get adult help
- Ground yourself

BREATHING TECHNIQUES

- Stop Pressure Breath (4-1-5)
- Boil Down Breath (4-3-5)
- Storm Wave Breath (5-2-7)
- Anchor Drop Breath (4-4-8)

Remember: All feelings are okay! We can move between zones throughout the day. 🦀