

HOW TO USE OCEAN ZONES

A Student's Guide to Understanding & Managing Feelings

Getting Started

1

Check In: Ask yourself "What zone am I in right now?" Notice how your body and mind feel.

2

Name It: Identify which ocean zone matches your feelings. It's okay to be in any zone!

3

Choose a Strategy: Pick a coping strategy or breathing technique from your zone.

4

Try It: Use your chosen strategy. Give it time to work. You can try different ones!

5

Check Again: Notice how you feel after using your strategy. You might move to a different zone!

Helpful Tips

All Zones Are OK

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

Zones Change

You can move between zones many times in one day. That's completely normal and healthy!

Tell Someone

Let a teacher, friend, or family member know what zone you're in. They can help support you!

Practice Daily

Check in with your zones multiple times each day. Practice breathing techniques even when calm!

Track Patterns

Notice what times of day or situations cause you to move between zones. This helps you prepare!

Support Others

When you notice a friend in a challenging zone, show empathy and offer to help them find support.

The Four Ocean Zones



BLUE ZONE

Calm & Ready to Learn



PURPLE ZONE

Sad, Tired or Worried



YELLOW ZONE

Excited & Energetic



RED ZONE

Frustrated or Overwhelmed

Remember: Feelings are like ocean waves - they come and go. You have the power to ride them! 