



Blue Zone Poster -Primary School



BLUE



ZONE

Blue Zone

I am tired

I am a little bored

I have no energy

I feel flat



Support me by

- ★ Offering me a rest to recharge
- ★ Asking the whole class to have some down time too
- ★ Put on some relaxing music
- ★ Ask if I would like to go for a walk to get some energy back into my body