

Yellow Zone Poster -Primary School



YELLOW



ZONE

Yellow Zone

I am feeling a little out of control

I am feeling giggly

I am feeling nervous

I am feeling energetic



Support me by

- ★ Offer me some heavy work activities such as push ups
- ★ Offer the whole class a yoga lesson
- ★ Encourage me to go for a walk
- ★ Set up an obstacle course for the whole class to do