



NATIONAL
INCLUSION
PROJECT

WELCOME TO OUR ZEN ZONE!

USER INSTRUCTIONS

1. Pages 2-5 are to be printed, laminated, and used in your zen zone as steps to guide you through a purposeful calming experience.
2. Page 6, The Chill Sheet, is for individual use of the person entering the Zen Zone.
3. Pages 7-10 are resources that can assist individuals completing a calming activity.
4. Page 11 provides reflection questions that staff can utilize at the end of zen zone time.

Please review all resource pages to assist you in understanding what tools and supplies you would like to utilize in creating YOUR zen zone! These are entirely customizable and can be utilized on the go too! Think creatively!



WELCOME TO OUR ZEN ZONE!

Take your time and use these supplies
to help you find your inner calm.

GREEN ZONE

Calm
Happy
Focused
Okay

STEP 1:

**GRAB A CHILL
SHEET & IDENTIFY
YOUR ZONE**

YELLOW ZONE

Excited
Worried
Frustrated
Silly
Loss of Control

BLUE ZONE

Sad
Sick
Tired
Bored
Moving Slowly

RED ZONE

Mad Mean
Angry
Terrified Too
Physical

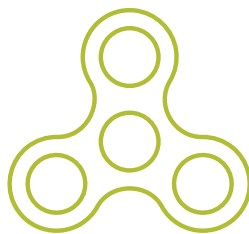


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STEP 2: CHOOSE A CALMING ACTIVITY



make a list



**Play with
something**



Grounding Exercise



**Rest/Put my head
down**



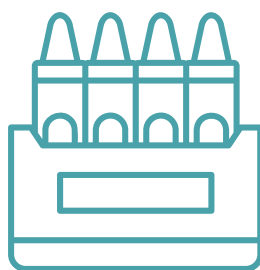
**Count to 100 or
say your alphabet**



Read a Book



**Breathing
Exercises**



**Draw or
Color**



**Journal or tell a
story**

**SET A TIMER FOR 5-
10 MINUTES**

STEPS 3-4:

REFLECT & RETURN



STEP 3:

What zone are
you in now?

STEP 4:

Complete your chill
sheet and return
to camp!

CHILL SHEET

NAME:

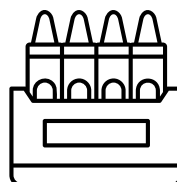
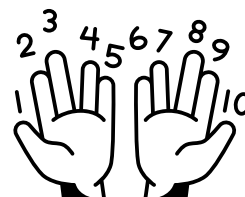
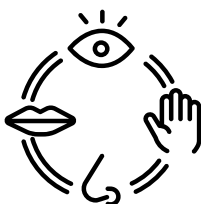
TIME IN:

TIME OUT:

STEP 1: circle which zone you are in.



STEP 2: choose an activity and set the timer for 5-10 min.



STEP 3: circle which zone you are in.



STEP 4: reset with camp counselor and return to group if ready.



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MAKE A LIST

Grab a sheet of notebook paper and make a long list! Choose from the topics below or come up with your own!

YOUR FAVORITE SONGS	YOUR FAVORITE FOODS	PLACES YOU WOULD LOVE TO VISIT
ANIMALS THAT AREN'T HAIRY	THINGS YOU'RE THANKFUL FOR	THINGS THAT MAKE YOU LAUGH
MEMORIES WITH YOUR FAMILY	THINGS YOU'D RATHER BE DOING	THINGS YOU WANT TO BUY
THINGS YOU DO EVERYDAY	THINGS IN YOUR BEDROOM	QUESTIONS THAT YOU HAVE
THINGS THAT MAKE YOU HAPPY	GAMES YOU LIKE TO PLAY	THINGS THAT SMELL GOOD



JOURNALING PROMPTS



Who is one person you look up to and why?



What are some things that you are most grateful for, and why?



If you had one superpower, what would it be? And what would you do with your power for the day?



Describe your perfect vacation? Where would you go, and what would you do?



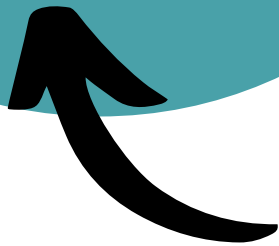
If you had a time machine, would you go to the future or the past? What would you do?



Free write! Write down the coolest story you could imagine?

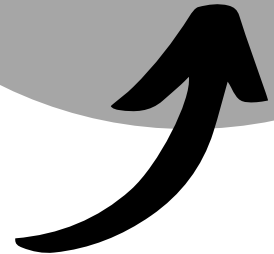
GUESS THE SMELL!

close your eyes and
smell each of the wax
bars! Can you guess
correctly?



BUILD IT!

Build your favorite
food out of play
dough/ clay



LET'S PLAY!

Can you complete all of these
things?



DO YOU HEAR WHAT I HEAR?

Tell me 5 things you hear!

OR, let's listen to your
favorite song!



EYE SPY!

Something red!
Something big!
Something square!
Something cold!
Something furry!

BELLY BREATHING



FIRST: Sit or lay down with your body relaxed

SECOND: Place one hand on your chest, and one hand on your stomach

THIRD: Breathe in through your nose and let your stomach rise

FOURTH: Purse your lips and slowly exhale through your mouth

REPEAT



**LIST AT LEAST 3
POSITIVE WORDS
THAT DESCRIBE
YOURSELF**

**WHY DID YOU
CHOOSE THE
CALMING
STRATEGY/
TOOL THAT YOU DID?**

CHILL SHEET REFLECTION QUESTIONS

**prompts for staff to followup
with camper prior to returning
to the group**



**HOW DO YOU KNOW
THAT YOU ARE
READY TO JOIN THE
GROUP?**

**REMINDER: YOU
ARE WONDERFUL!
ALL THINGS ARE
DIFFICULT BEFORE
THEY ARE EASY!**