



Starter Kit

The AURA Zones Framework

Welcome to the AURA Zones Framework

Why AURA Zones?

Unlike other emotional learning programs, AURA Zones celebrates every child's authentic self while building *genuine* emotional resilience.

Traditional programs: Label emotions as "good" or "bad," expect compliance, apply one-size-fits-all strategies.

AURA Zones: Validates all emotions, builds personal awareness, develops authentic coping strategies, teaches flexible responses.

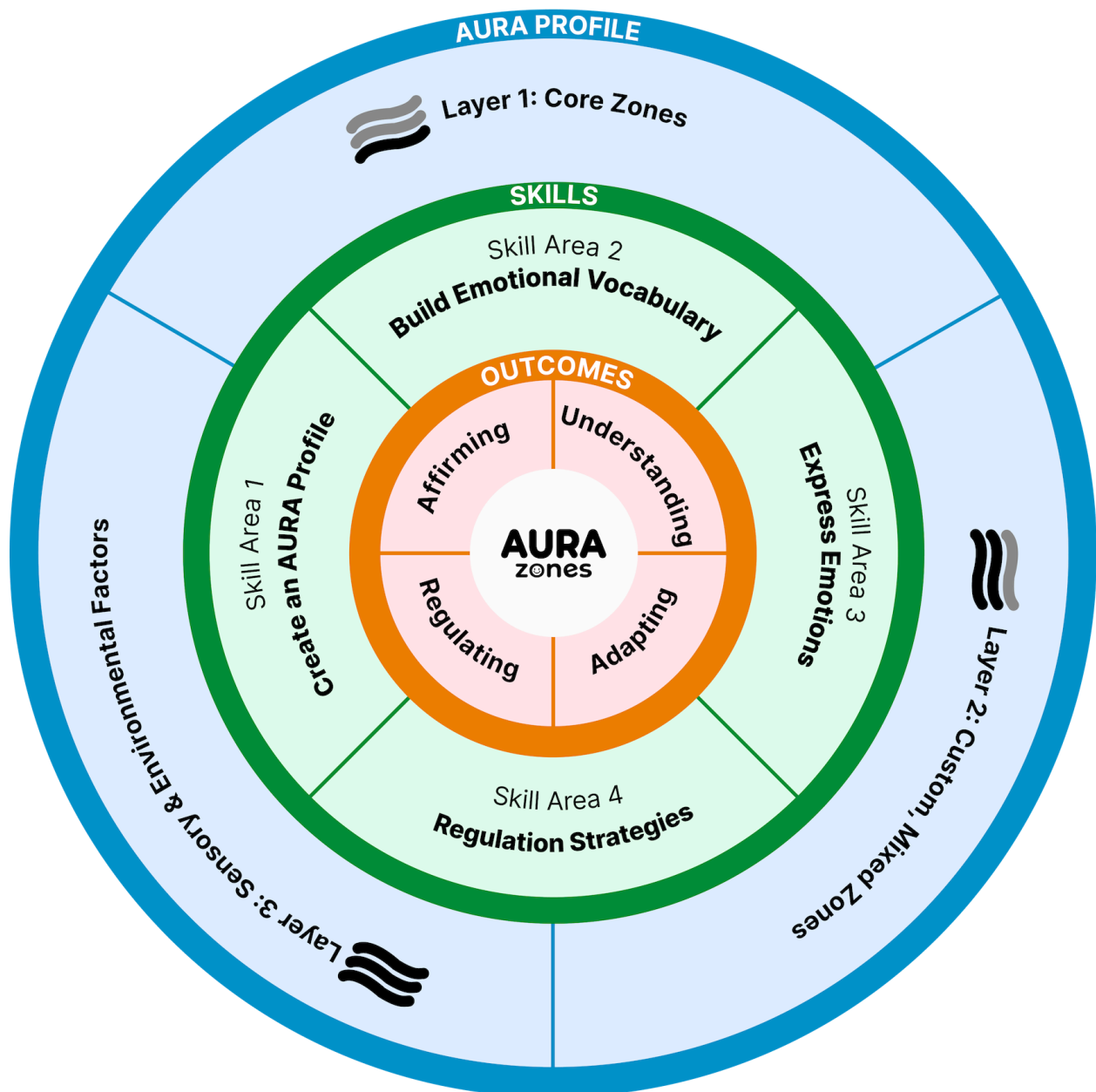
This personalised approach matters: Children are struggling more than ever with emotional regulation and focus. They need practical tools that work for their unique needs, not rules that try to control their emotions.

How Does the Framework Work?

AURA Zones works like a wheel with three layers, starting from the outside and building inward.

- **The Outside: Personal AURA Profile** Each child creates their own emotional map with three layers:
 - **Core Zones** - Storm, Bubble, Sparkle, Focus zones help children identify basic feelings
 - **Mixed Zones** - Blends of the Core Zones help older children identify complex feelings
 - **Environmental & Sensory Factors** - Children identify sounds, sights, and situations that can affect emotions

- **The Middle: Skills Children Learn** Children learn to create their AURA profile, build a personal emotional vocabulary, communicate their emotional needs, and develop regulation strategies that work for them.
- **The Center: What Children Gain** Children develop four key abilities: understanding their emotions, affirming how they feel, regulating their responses, and adapting when things change.



How to Use this Starter Kit

Just 20 minutes with the Framework daily builds tailored body awareness, emotional vocabulary, expression techniques, and workable strategies!

Teach the Foundations with Printable Worksheets! The full AURA Zones curriculum begins with a set of Foundation Modules that introduce the three layers of the AURA Profile to learners in an age-appropriate format:

- Foundation Module 1 teaches children aged 2+ years about the Core Zones.
- Foundation Module 2 teaches children aged 5+ years about the Mixed Zones.
- Foundation Module 3 teaches children aged 8+ years about Environmental and Sensory Factors.

Each Foundation Module includes guided activities designed for specific age groups (2-5 years, 5-8 years, 8+ years). This kit includes samples from the three modules, for each relevant age group.

Bring AURA Zones to Your Space! The AURA Zones curriculum includes printable visuals (posters and cards) that you can display in your space to help children become familiar with the AURA Zones. This kit includes samples of the AURA Profile poster and Core Zones cards.

Enhance Impact with the Beanemo App! For best results, use the free Beanemo app alongside the AURA Zones Framework. Available for download on iOS and Android, the app enables children to learn the Framework through engaging, interactive and inclusive activities.

This is just the start of a journey of impact and emotional empowerment for the children you support. We look forward to sharing it with you.

Foundation Module 1: Learning the Core Zones - Guided Activity Templates

[Ages 2-5: Core Zones Moves Worksheet](#)

[Ages 5-8: Core Zones Collage Worksheet](#)

[Ages 8+: Guess My Zones Worksheet](#)



Concept F1, Activity Guide: **AURA Core Zones Moves Worksheet**

Timing: 15–20 minutes

Whole Group

MATERIALS

- Core AURA Zones Moves Cards (one per group, precut)
- Container for cards

INSTRUCTIONS:

1. Cut out the Core AURA Zones Moves Cards and place them in the container.
2. Create a safe space where learners can move from one side of the room to the other.
3. Explain to learners that they will take turns picking an animal card from the container. Then they will share the animal and its AURA Zone with the group.
4. One by one, or in pairs, learners will pretend to be the animal on the card and move or walk across the room. (e.g., waddle across the room like a penguin in the Focus Zone). Show animal moves for learners if needed. Think of different ways for learners to move. For example, they can move in place, use a toy or figure to move on the table, etc.
5. When learners finish moving, ask them to use their voice or body to show how much energy that animal has in its AURA Zone (loud roar for Storm Zone, quiet purr for Bubble Zone, etc.).

THINK ABOUT IT:

Which animals had the highest or strongest energy in each Zone?
Which animals had the lowest energy in each Zone?

ALTERNATIVE ACTIVITY:

Call out different AURA Zones and ask learners to change their animal movement to match that Zone's energy level.

AURA Core Zones Moves Worksheet

Instructions: Print this document on one page at a time. Cut out each of the animal cards below.
Laminate for longer lasting cards.

**Koala in
the Bubble Zone**



**Snail in
the Bubble Zone**



**Wombat in
the Bubble Zone**



**Elephant in
the Focus Zone**



**Swan in
the Focus Zone**



**Horse in
the Focus Zone**



**Rabbit in
the Sparkle Zone**



**Dolphin in
the Sparkle Zone**



**Squirrel in
the Sparkle Zone**



**Crocodile in
the Storm Zone**



**Rhino in
the Storm Zone**



**Eagle in
the Storm Zone**





Concept F1, Activity Guide

Create an AURA Zones Collage

Timing: 30–45 minutes

Individual, Small or Whole Group

MATERIALS:

For paper collage:

- Magazines, newspapers, or printed pictures showing people, animals, or characters with different feelings
- Red, blue, yellow, and green colored paper
- Glue or tape
- Scissors

For digital collage:

- Computer or tablet with internet access
- Presentation app (like PowerPoint or Google Slides)

INSTRUCTIONS:

1. Choose whether to make a paper or digital collage and gather your materials.
2. Keep your AURA Profile Poster nearby to help you remember each zone.
3. Write the AURA Zone names on each colored paper: Storm Zone (red), Bubble Zone (blue), Sparkle Zone (yellow), Focus Zone (green).
4. Look through magazines or search online for pictures of people, animals, or characters showing different feelings. You can also find emotions words.
5. Sort your pictures into AURA Zones by looking at faces, body language, and energy levels.
6. Glue or place your pictures on the matching colored paper.

THINK ABOUT IT:

How did you decide which AURA Zone each picture belonged to?
Did any pictures seem like they could fit in more than one zone?



Concept F1, Activity Guide

Guess My AURA Zones

Timing: 20-30 minutes

Small or Whole Group

MATERIALS:

- AURA Zones Illustrated Emotions - precut (one set per group)
- Container or bag to draw emotion cards from
- Blindfold or way to cover eyes (optional)

INSTRUCTIONS:

1. Sit in a circle or work together as one group.
2. Here's how to play:
 - a. One person is the guesser and closes their eyes or looks away
 - b. Another person picks an emotion card from the container without showing the guesser
 - c. Everyone except the guesser acts out that emotion using their face, body, and movements
 - d. The guesser tries to guess the emotion and which AURA Zone it belongs to
3. Take turns so everyone gets a chance to be the guesser.
4. If playing with older children, you can have them act out the emotion without making sounds for an extra challenge.



THINK ABOUT IT:

Which emotions or AURA Zones were hardest to act out? Hardest to guess?
 Did everyone show the same emotion in the same way? Why or why not?
 What clues helped you figure out which AURA Zone the emotion belonged to?

Foundation Module 2: Learning the Mixed Zones – Guided Activity Templates

[Ages 5–8: My Mixed Zones Poster Worksheet](#)

[Ages 8+: Finding the Mixed Zones in Media Worksheet](#)



Concept F2, Activity Guide: Create Your Own Mixed AURA Zones Poster

Timing: 10–15 minutes

Individual

MATERIALS

- My Mixed AURA Zones Poster handout - 2 pages (one per learner, precut emotions as needed)
- Glue or tape
- Markers or crayons in Mixed AURA Zone colors
- Optional: Scissors

INSTRUCTIONS:

1. Hand out the My Mixed AURA Zones Poster handout and read the directions out loud.
2. Help learners with cutting or precut the emotions from the 2nd page of the handout, as needed.
3. Support learners as needed with sorting the emotions into the Mixed Zones. For example, color code each emotion with a dot.
4. When learners finish moving, ask them to use their voice or body to show how much energy that animal has in its AURA Zone (loud roar for Storm Zone, quiet purr for Bubble Zone, etc.).

TEACHING TIP:

During this activity, take notes on which emotions are familiar/unfamiliar to students. This information can help you set goals and target instruction to increase emotional vocabulary.

THINK ABOUT IT:

Can you name an emotion in each Mixed Zone?
Which Mixed Zone(s) do you understand best so far?
Which emotions were hardest to place in a Mixed Zone?

My Mixed Zones Poster

Instructions: Fill in each of the boxes with their matching Mixed Zone colour (purple, brown, grey, orange, teal or lime green).
Then, cut out the emotion tiles (see next page), and glue down each tile in the matching Mixed Zone box.

VOLCANO ZONE

BUZZ ZONE

FOG ZONE

TORANDO ZONE

QUICKSAND ZONE

RAIN ZONE



Name

Date

My Mixed Zones Poster

Instructions:
Carefully cut out each emotion tile.





Concept F2, Activity Guide

G3: Finding The Mixed AURA Zones in Media

Timing: 20–30 minutes

Individual, Small or Whole Group

MATERIALS:

- Mixed Zone Visual Cards
- Select a book and/or video clip with complex characters and storylines
- Pencils/markers for note-taking

INSTRUCTIONS:

1. Keep your AURA Profile Poster with Mixed Zones available as reference.
2. Read the chosen book or watch video clips, pausing at key emotional moments when characters display complex feelings or internal conflicts.
3. Have learners identify and discuss:
 - a. Which Mixed Zone the character is experiencing
 - b. What two Core Zones are blending together
 - c. Evidence from the text/visuals that supports their choice
 - d. How the character's actions might differ from their internal feelings
4. For deeper analysis, ask learners to:
 - a. Predict how the character's Mixed Zone might change as the story progresses
 - b. Compare how different characters handle similar Mixed Zone experience
 - c. Identify what might help the character move to a different zone



EXTENSION ACTIVITIES:

Create alternative endings where characters use different strategies for their Mixed Zone
 Role-play how characters could express their Mixed Zone feelings more effectively
 Connect character experiences to personal situations

THINK ABOUT IT:

How did you use story clues to identify the Mixed Zones?
 Which character's emotional journey was most complex? Why?
 What strategies could have helped the characters navigate their Mixed Zone feelings?
 How might the story change if characters were in different zones?

Foundation Module 3: Environmental and Sensory Factors – Guided Activity Templates

Ages 8+: Situation Comic Activity Worksheet



Concept F3, Activity Guide

Situation Comic

Timing: 20–30 minutes

Individual or Small Group

MATERIALS:

- Paper
- Ruler
- Art supplies

INSTRUCTIONS:

1. Create a hand-drawn comic with at least 10 panels. Label one panel for each AURA Zone (Core and Mixed).
2. In each panel, show a recent situation when you were in that Zone.
3. Use thinking and talking bubbles to show your perspective (including how you were feeling) and add details to illustrate the situation.

AURA Zones Visuals – For Your Learning Space

[AURA Profile Poster \(All Three Layers\)](#)

[AURA Core Zone Cards](#)

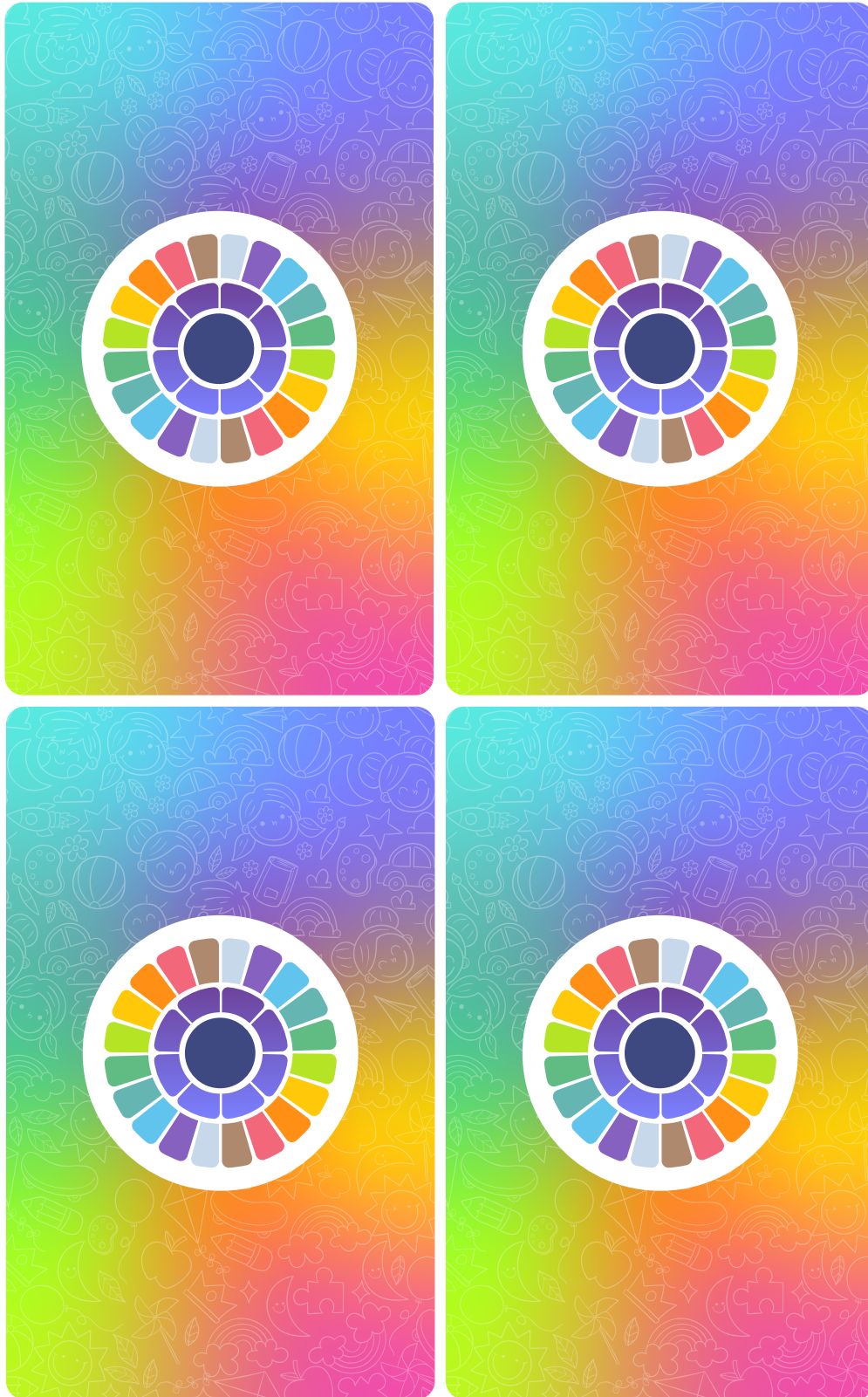
The AURA Core Visual Cards

Instructions: Print this document back to front, the backing of the cards should align to the front.
Cut each of the Zone cards out and laminate for longer lasting cards.



The AURA Core Visual Cards

BACK OF CORE CARDS



This is just the start. Are you ready for more?

Explore the full curriculum and get access to the AURA Zones Digital Programme by visiting our website, www.aurazones.com/resourcesandshop.

To reach out to our team, please email us at info@aurazones.com. We'd love to hear from you!