



AURA
zones

Starter Kit



AURA Zones Overview

What is AURA Zones?

AURA (**A**ffirming, **U**nderstanding, **R**egulating, **A**dapting) Zones framework, is a neuro-affirming emotional resilience model created to help children understand and navigate their feelings. It recognises that all brains work differently and offers a structure that starts with the body and senses, then builds on learnings through mapping feelings and developing regulation strategies.

In AURA Zones, we believe “**all feelings are okay**”.



How does the Framework Work?

Aura Zones works by guiding children through a step-by-step emotional journey that helps them understand and manage their emotions through awareness, expression and regulation.

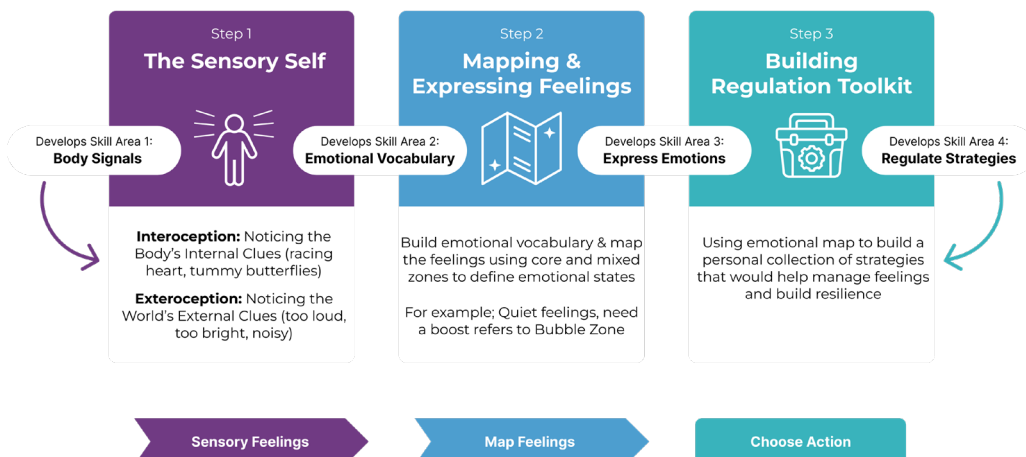
It begins with Step 1, **the Sensory Self**, where children learn to notice their body signals and environmental cues, helping them feel more aware and in control of how they experience the world. This is where they learn and build their fundamental **interoception** and **exteroception** skills, to help them ignite their confidence through self-awareness.

In Step 2, they explore **Mapping and Expressing Feelings**, using four colour-coded zones to make sense of emotions: the **Storm Zone** for big feelings, **Bubble Zone** for low energy or flat moods, **Sparkle Zone** for high energy or restlessness, and **Focus Zone** for calm and readiness to learn. This helps children identify their feelings, understand why they happen, and communicate them more confidently. Older children (aged 5+) can further this learning with the **Mixed Zones**, where they can learn about we can have complex feelings (feel more than one thing), creating a new Zone (such as the **Tornado Zone**, which combines feelings from the Storm and Bubble Zones, for when we feel Overwhelmed and Tired at the same time).

Finally, in Step 3 **Building Regulation Toolkit**, children create their own personalised strategies that help them return to balance. This builds self-confidence, resilience, and problem-solving skills, empowering them to manage emotions independently while feeling supported and understood.

By completing these 3 steps and all skillsets, a child will build their **AURA Profile**.

The AURA Profile



Learning Your Sensory Self

In Concept F1, we explore how our bodies and surroundings give us important clues about our feelings. Learners discover how to become “sensory detectives,” tuning into signals from inside their body (interoception) and from the world around them (exteroception). We help children understand that everything we feel starts with our senses - this is the foundation for understanding emotions. Learning about Your Sensory Self is the essential first step that prepares children to later learn about mapping and expressing their feelings, and build their complete AURA Profile.

We stress that everyone's sensory experiences are different, and what feels comfortable to one child might not feel comfortable to another: all sensory experiences are okay.

Concept F1 is designed for all ages 2+ as the foundational module

Learning Outcomes

- I can notice signals from inside my body (interoception)
- I can notice signals from the world around me (exteroception)
- I can understand that my body gives me clues about how I feel
- I can understand that different children feel different things in the same situation
- I can start building my body awareness skills

Key Words

- **Sensory Self:** How our bodies and senses help us understand our feelings
- **Interoception:** Noticing signals from inside our body (heartbeat, breathing, hunger, tension)
- **Exteroception:** Noticing signals from the world around us (sounds, lights, textures, spaces)
- **Body Awareness Skills:** Learning to pay attention to what our body is telling us
- **Sensory Detective:** Someone who notices and explores sensory clues

The following pages includes a sample activity for:

- Children under 5 years (Experience Guide and Stimuli)
 - and Children aged 5 and up (Activity Guide)

To help your child(ren) exercise this foundation module learning in their everyday life.



Learning Your Sensory Self

Children under 5 years (Experience Guide and Stimuli)



Experience Suggestion 1

Set the Tone: Introduce the Body as a Clue

Group Time & Learning Experience

What children will learn:



- Develop a growth mindset learning how listening to their bodies gives insight as to how they are feeling
- Transfer learning from the context of listening to a story and adapt it to their own self
- Learn to associate experiencing emotions with physical changes in their body
- Transfer learning from the context of their emotional state to expression through art.

Materials Needed:

(For follow up activity)

- Paint - recommended to use the core and mixed zone colours
- Paint brushes
- Paper
- Core and Mixed zone cards spread on the table for stimulus



1 Book or Storytime small group time:

- Read a book like "Listening to My Body" by Gabi Garcia or "My Body Sends a Signal" by Natalia Maguire.
- Use it to introduce the idea that emotions are made from what we feel in our bodies and sense in the world.

2 Transition: Body Check-In (Simple Interoception Prompt)

Ask children to place hands on different parts of their body:

- "Is your heart fast or slow?"
- "Is your tummy full, hungry, or fluttery?"
- "Are your muscles tight or loose?"

3 Follow up Experience: Painting

Step 1: "Close Your Eyes and Listen"

- Have children sit quietly for 20-30 seconds.
- Guide them with a soft voice:
- "Let's close our eyes. What do you feel inside? What colour might that be?"

Step 2: Choose Your Colours

Ask:

- "What colour matches how your body feels today?"
- "Do you want to use soft strokes, fast strokes, circles or squiggles?"
- Let them choose their own approach — no "right" way.

Step 3: Paint Your Feeling

- Encourage expression through:
- Colours to represent feelings (e.g. blue = calm, red = energy)
- Shapes or strokes to reflect sensation (e.g. shaky, swirly, still)

Key phrases to support:



"Show me what your body feels like with the paint."
"That looks like a big feeling — can you tell me more?"



Learning Your Sensory Self

Children aged 5 and up (Activity Guide)

Situation Sort Worksheet

Timing: 10–15 minutes

Individual or Small Group

MATERIALS

- Situation Sort handout
- Markers

INSTRUCTIONS:

1. Quickly review each AURA Zone using an AURA Profile Poster or visual. Remind learners that we can expect to experience all the AURA Zones at different times.
2. Distribute the Situation Sort handout and materials.
3. Support learners to color-code the situations, prompting them with questions such as "What AURA Zone might you be in if you trip and fall?" It is okay if learners identify more than one AURA Zone for a situation - they can be creative in how they represent it.

THINK ABOUT IT:

Can you think of other situations for each AURA Zone?

Did you have a situation that could have been in more than one AURA Zone?

How do things around you or inside your body change your AURA Zone?



Situation Sort Worksheet

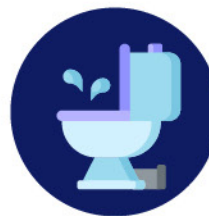
Mark each situation with the AURA Zone that matches how you might feel.



You are feeling hungry.



It's too loud in the room.



You need to use the bathroom.



You have a headache.



The lights are too bright.



You need to move your body.



There are too many people around you.



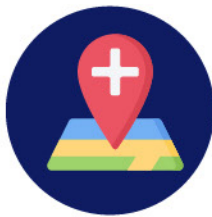
You feel tired.



Your clothes feel scratchy.



You hear a sudden loud noise.



You're in a new place.



Someone is standing too close.



THINK ABOUT IT



- Can you think of other situations for each AURA Zone?
- Did you have a situation that could have been in more than one AURA Zone?
- How do things around you or inside your body change your AURA Zone?

Mapping and Expressing Feelings

In Concept F2 (F2), we explore the four Core AURA Zones and how they help us understand and talk about our feelings. Learners discover the Storm, Bubble, Sparkle, and Focus Zones through movement, sounds, and simple activities. We help children learn that all Core Zones are natural parts of their emotional experience. Learning the Core Zones gives us the common language we'll use before children learn about mixing zones and develop their personal AURA Profile.

We stress that all the Core Zones are okay, and children should not feel ashamed of any Zone they experience.

Learning Outcomes

- I can learn the names of the four Core AURA Zones
- I can practice showing each Core AURA Zone with my body
- I can understand that all Core AURA Zones are natural and okay

Key Words

- **Core AURA Zones:** Four groups that help us understand our feelings
- **Storm Zone:** Big feelings, need safety and care. The brain is overloaded and needs co-regulation (red)
- **Bubble Zone:** Quiet feelings, need a boost. The brain needs a boost and help with motivation (blue)
- **Sparkle Zone:** Wiggly feelings, need balance. The brain is busy and needs support slowing down (yellow)
- **Focus Zone:** Stable feelings, brain balanced. The brain is ready to learn and adopt (green)

The following pages includes a sample activity for:

- Children under 5 years (Experience Guide and Stimuli)
 - and Children aged 5 and up (Activity Guide)

To help your child(ren) exercise this foundation module learning in their everyday life.



Mapping and Expressing Feelings

Children under 5 years (Experience Guide and Stimuli)



Experience Suggestion 2

Zone Body Movements

Group Time

What children will learn:



- Develop a range of thinking and problem solving skills to investigate various emotions, feelings and body clues
- Learn to distinguish the different emotions, feelings and body clues between the various AURA zones
- Express feelings with movement.

Materials Needed:

- Open space
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Steps:

1. The teacher calls out a Zone → children show it with their bodies.
 - Storm: Stomp feet, scrunch face, shake arms.
 - Bubble: Curl small, move slowly, yawn.
 - Sparkle: Jump, wiggle, flap arms.
 - Focus: Stand tall, arms by side, calm face.
2. Play "Freeze in your Zone!" – teacher calls out zones randomly, children freeze in the matching pose.



Teacher Prompts:

"Your body can tell you what zone you're in. All bodies in all zones are okay."



Mapping and Expressing Feelings

Children aged 5 and up (Activity Guide)

Emotion or Behaviour Worksheet

Timing: 10–15 minutes

Small or Large Group

MATERIALS

- Emotion or Behaviour Worksheet
- Optional: Craft sticks (2 per learner)

INSTRUCTIONS:

1. Cut out the Feeling or Action Cards for learners as needed, or have them cut the cards. You can attach cards to craft sticks if desired.
2. Review the difference between a feeling and an action. A feeling is how a person feels on the inside, an action is what a person does on the outside.
3. Explain to learners that they will decide if you are showing a feeling or an action using their Emotion or Behaviour.
4. Call out different feelings and behaviours (actions). Act out each one using your face and body. Stop to ask learners to choose whether it's a feeling or action, and invite them to copy what you're showing. Use feelings and actions that connect to your learners while introducing new feeling words as they get better at recognizing basic ones.
5. Remind learners that all our feelings and AURA Zones are okay, but our actions must be safe and cannot hurt ourselves or others.

THINK ABOUT IT:

How can you tell the difference between a feeling and an action?
Why are all our feelings okay but our actions must be safe?



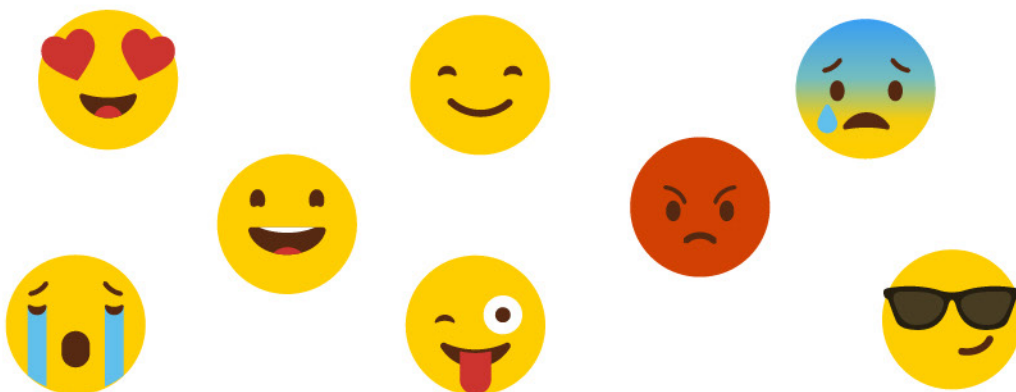
Emotion or Behaviour Worksheet

Instructions: Print this document single sided.
Cut the two cards out. Laminate for longer lasting cards.

Behaviour



Emotion



Building Your Regulation Toolkit

In Concept F3, we explore how children can build their personal collection of regulation strategies that genuinely help them manage their emotional states. Learners discover how to become “scientists of their own experience,” testing different techniques to see what works for their unique sensory needs and AURA zones. We help children understand that regulation is not about changing who they are, but about having tools that help them feel balanced, supported, and in control. Learning to Build Your Regulation Toolkit transforms self-awareness into proactive self-management, making the AURA Profile a dynamic, lifelong tool for well-being.

We stress that different regulation strategies work for different children, and what helps one child might not help another: all approaches are valid when they are safe and supportive.

Learning Outcomes

- I can try different strategies to see what works for me
- I can match strategies to my AURA zones and sensory needs
- I can build my own toolkit of helpful techniques
- I can understand that regulation is about taking care of myself

Key Words

- **Regulation Toolkit:** Your own collection of strategies that help you feel better
- **Regulation Strategies:** Things you can do to help yourself when you need tp
- **Planning Ahead:** Getting ready by knowing what helps you before you need it
- **Testing and Keeping:** Trying different strategies and keeping the ones that work
- **Zone-Matched Strategies:** Using different techniques for different AURA zones

The following pages includes a sample activity for:

- Children under 5 years (Experience Guide and Stimuli)
 - and Children aged 5 and up (Activity Guide)

To help your child(ren) exercise this foundation module learning in their everyday life.



Building Your Regulation Toolkit

Children under 5 years (Experience Guide and Stimuli)



Experience Suggestion 1

What is a Toolkit?

Group Time + Learning Experience

What children will learn:



- Understand what a regulation toolkit is through problem solving, investigating and inquiry.
- Resource their own learning by connecting with a wide range of materials.
- Expressing their ideas make meaning of their "toolkit" using a range of materials.
- Develop their emotional wellbeing by showing an increase capacity to understand , regulate and manage their emotions

Materials Needed:

- A real toolbox or basket, everyday items (crayons, small toy, scarf, water bottle, headphones, etc.)

Location suggestion: at the calm down area (or sensory space)



Teacher Prompts:

"When might this help you? Which Zone might it match?"

"Is it okay if different people choose different things?" (Yes!)

Steps:

1. Show children a basket/toolbox. Ask: "What do we keep in a toolbox?" (things that help us fix or build).
2. Say: "We can also have a feelings toolbox—full of strategies that help us when we're in different AURA Zones."
3. Show example items and explain how they might help:
 - Headphones = calm noisy spaces
 - Crayon/drawing = focus or calm
 - Scarf = deep breaths, movement
4. Let children suggest ideas: "What would YOU put in your feelings toolbox?"



Building Your Regulation Toolkit

Children aged 5 and up (Activity Guide)

Create an AURA Mixed 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
- A3 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 Mixed Zone names on each colored paper: Tornado Zone, Volcano Zone, Fog Zone, Rain Zone, Buzz Zone, Quicksand Zone
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 Mixed 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 Mixed Zone each picture belonged to?
Did any pictures seem like they could fit in more than one zone?



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!