Chapter 1

 Stay Zoned

Leo wants to explore the world and see new places. He decides to go on a trip around the world.

He is so excited about the trip! He remembers his teacher: “Mrs P would say that I am in the yellow zone now!”

Then he remembered that he has to go on an airplane tomorrow! It is his first trip on an airplane and he is really worried!

“Being worried is in the yellow zone too, I guess.”

Leo takes a deep breath and tries to focus on the positive side of his trip. “Stay excited about seeing the world Leo, stay zoned!”, he mumbled to himself.

“Hummf….Now I must pack my luggage!”

“The weather is so different here in the UK and it will be so different around the world!”

“Mrs P told us about the climate zones… but I wasn’t paying attention because I was angry I was told off in Maths for not wanting to do any work. I was bored…I was in the blue zone…then angry and in the red zone…and now I am so confused about what clothes to pack and I am in the yellow zone! Zones everywhere!

I am going to visit New York first and then Alaska! So, what climate zone are these places in? If I find out, I can maybe choose the right clothes to pack…and be calm again…in the green zone!”

Leo looked on <https://www.bbc.co.uk/bitesize/clips/zr7hyrd> and he was so happy to find the answers and finally be able to pack his suitcase!

Now it’s time to get some rest so that he is ready for his early morning flight!

Stay zoned folks!

 Chapter 2

 Do you speak zones?

Leo is finally on the airplane. He fastens his seatbelt and squeezes his fists, holding his breath trying to not look outside the window. He is feeling really worried.

Then he remembers the Zones of Regulation from school and what he learnt to be able to help himself calm and be in the green zone. So, he closes his eyes and takes a deep breath in, slowly breaths out, a few times…focusing on his breathing and…falls asleep!

A mouthwatering smell of freshly cooked food tickles his nose and then his stomach rambling sounds so loud that Leo jumps up wide awake with a fork on one hand, a knife on the other and food at the table in front of his seat.

Mmmm……yuuuu……k! Opens his eyes as he uncovers the food:

“Beans, eggs and mushrooms…where is my burger…or at least my fish fingers…or pizza, yuuuk?”

He is sick! He presses the button above his head to call the airhostess.

“Excuse me, Miss, I am in the blue zone and I want to go back to the green zone…”

 “What do you mean? Are you alright?” she asks looking puzzled.

“Oh, sorry…I am not in school… I feel a little silly now, I guess that’s yellow…”

“Sir, I am not sure I understand…” the lady replies even more confused..

“Could I change my meal please? Is there any sandwich?”

That was such an awkward moment, but easy to sort! It’s gone now!

Leo is enjoying his sandwich watching a documentary about the climate change, pollution the greenhouse effect! He just realized how bad flying actually is for the planet:

 <https://www.nytimes.com/2017/07/27/climate/airplane-pollution-global-warming.html>

 Chapter 3

 Look for the green

Leo watched all the documentaries about pollution! He realized that his own choices could affect the planet he so much loved and wanted to see. He knew of course how much air pollution cars cause.

Now is in New York! He decides to walk to his hotel instead of taking a taxi because he doesn’t want to pollute the environment even more. So he takes his map out. He feels confident that he will be able to read it because it seemed so much fun and easy when he was looking into the OS maps in Humanities! But, even better, he has google maps on his phone! He feels all so excited and definitely in the yellow zone!

This is his map:

<https://www.google.com/maps/d/viewer?mid=1jtAhFT7QahEL5Na2EBM9gb4bXHU&ie=UTF8&oe=UTF8&msa=0&ll=40.73454728268612%2C-73.990561&z=13>

Leo walks down town for hours dragging his suitcase. He passed by so many landmarks on this walk but he still hasn’t found his hotel!

The Zones of Regulation colours are starting to get mixed as he goes from blue and tired to red, out of control and angry with the noise of the cars, the pollution and the huge and complicated roads of this enormous city!

“I need to go back to the green zone!” He looked in his map again and saw this large green park in the middle of the city! “This must be Central Park” he thought and headed straight there to sit under a tree, breath some fresh air, listen to some relaxing music until he feels calm again and able to find his way to the hotel.

<https://www.youvisit.com/tour/centralpark>

 Chapter 4

 100 words for snow

Leo travelled to many places around the world. Next he decided to take the train to Alaska instead of flying.

It was a very long trip and Leo was exhausted! After three days of staying in the hotel, sleeping and relaxing, he was ready to go and be happy in the green zone again!

Alaska was freezing cold! <https://www.youtube.com/watch?v=5782rSMO5Ns>

Leo wanted to visit the Inuit or Eskimo as they are known

<https://www.youtube.com/watch?v=4e6T2nJ7NTk>

Leo spent time with the Inuit and learnt how they survive in such a cold climate.

Then Leo wanted to see what a real Igloo is like, so he took part in a real Igloo building workshop!

<https://www.youtube.com/watch?v=R-x5QOSqP3E>

After a few days in Alaska, Leo started to feel bored of the snow and the climate. He also started feeling under the weather and he was afraid that he was going to get sick. That’s all in the blue zone, mainly…he thought. Right, next destination is to go somewhere warm and colourful! I am bored of all this white everywhere…and I can’t see how there can be so many shades of white that the Inuit can see and have 100 words for! <http://ontology.buffalo.edu/smith/varia/snow.html>

I just can’t see why! I am confused-at least this means some yellow!

But, I can only see one white! Agggghhhhh…

That’s it. I am off to Mexico!

 Chapter 5

 The Day of the Dead

In Mexico city Leo felt so out of control with all the colours, the spices and shapes around him!

<https://www.google.com/maps/d/viewer?mid=10omPn5utJU2DvQyXp5Uu9kORAwQ&ie=UTF8&oe=UTF8&msa=0&err=1&ll=19.45259170989758%2C-99.1499915&z=13>

[https://earth.google.com/web/@19.396886,-99.15869198,2234.08256635a,26528.32804889d,35y,0h,0t,0r/data=CjASLhIgMDVhYjE1OTQ2ZTIyMTFlNjg1NGNhZGU3NGExNTMwNDEiCmdjc19pdGluXzA](https://earth.google.com/web/%4019.396886%2C-99.15869198%2C2234.08256635a%2C26528.32804889d%2C35y%2C0h%2C0t%2C0r/data%3DCjASLhIgMDVhYjE1OTQ2ZTIyMTFlNjg1NGNhZGU3NGExNTMwNDEiCmdjc19pdGluXzA)

Leo loved Mexico! The food was amazing, the weather was really good, the Mexican people seemed cool and cheerful and Leo was enjoying himself and was having a lot of fun dancing with his sombrero hat and colourful poncho! He was so relaxed and thought this could be a place to stay forever!

Little had he known about the Day of the Dead!

An old lady came close asking for money and she mumbled the words “Remember the Day of the Dead”…Leo’s hair stood, his blood went cold. He was horrified!

There were skeletons dancing and zombie looking people started flooding the place from every direction!

Leo run as fast as he could to escape!

He got back to his hotel safe and sound. The only thing he could think of was how to get himself back to being calm in the green zone again! He did some deep breathing, had a hot bath and googled “The Day of the Dead”

Then he found out what was really happening in the city!

<https://kids.nationalgeographic.com/explore/celebrations/day-of-the-dead/#:~:text=Day%20of%20the%20Dead%20combines,are%20the%20guests%20of%20honor>

 Chapter 6

 The ring of Fire

Leo looked in his world map…

“Mexico is in The ring of fire…? I thought that The Lord of the Rings was a book…not a place on the map!” he mumbled to himself feeling really confused! “I am ready to learn more about.” He said and grabbed his ipad to google the name:

<https://www.youtube.com/watch?v=RFbKsAE-8Ek>

Leo visited many countries in the Ring of Fire and climbed up many volcanoes.

<https://sites.google.com/site/volcanoesandtheringoffireurja/what-is-the-ring/countries-in-the-ring-of-fire>

He climbed up Mount Fouji in Japan <https://www.youtube.com/watch?v=p1A8usMHsmU> and was really extremely scared when the earth started shaking from an earthquake. They said it was a small one but for Leo it was huge!

He spent a day with the tribe of Maori in New Zealand <https://www.youtube.com/watch?v=_I_TxIZNOYM> and sang their songs <https://www.youtube.com/watch?v=Lp8u7WFIkuE&list=PLE3nXQ6UM8eqY4eYn2tyLPgfeknvkwAYK>

Leo discovered that Dragons exist and live in Indonesia!

<https://www.youtube.com/watch?v=hlxRChgl00c>

What a fascinating place the Ring of Fire was!

 Chapter 07

 Emoji trapped in toilet roll

Leo was standing now in front of the entrance gate of the Great Pyramid in Giza, Egypt, ready to go in. He was very scared as it was dark and narrow and he had to go all the way to the center before he could get back out. This zone didn’t help Leo enjoy his experience but he remembered to focus his attention to things he found exciting and interesting rather than his fear. So he kept breathing and payed attention to the weird shapes on the walls of the pyramid.

“These must be the hieroglyphs! They look like ancient Emoji!”

<https://www.youtube.com/watch?v=FnQrzvKia5k>

Focusing his mind on trying to make sense of them helped Leo overcome his fear of the darkness of the pyramid and stay calm to enjoy the experience.

The Pyramids of Egypt were a fascinating place for Leo

<https://www.youtube.com/watch?v=Xtc0LQuA3z4>

But this one was really weird! This was the first time in his life Leo saw a real mummy!

“Mummification?!” Leo mumbled as he stood astonished in front of the ancient Egyptian mummies in the museum watching the video guide!

 <https://www.youtube.com/watch?v=4FiM8S2_nSg>

“It’s like trapped in toilet roll!”

 Chapter 8

 Pisa or Pizza

Leo went on a tour around Europe. He visited many capital cities and many countries.

<https://www.youtube.com/watch?v=yJZV7NC3TPs>

Leo’s favourite food was pizza. So, imagine how extremely excited he was to visit a place where there is pizza everywhere!

He also had been very curious to know about the mysterious leaning tower in Italy that doesn’t fall, the tower of Pisa.

Over the moon to be in his favourite food country and confused with the leaning tower, all at the same time…so overwhelming!

Leo quickly felt out of control and really hyper that even his face turned red like the zone he was in! He wanted to find the Pisa tower in his map but every time he asked someone he would say Pizza instead of Pisa…so he ended up finding where every single pizza restaurant was in Pisa but not the Pisa Tower itself! The closest he got to the Pisa tower was the “Pizza Tower” place!

Here is why:

<https://www.youtube.com/watch?v=d2vnVKDJauc>

All is well that ends well and Leo not only found his way to the Pisa Tower but he also had the famous hold-the-tower-photo taken.



 Chapter 9

 The Gladiator School

Leo went to visit the Colosseum in Rome next. He was horrified when he watched a video about what was actually happening in that building in ancient Rome.

Gladiators fighting real, wild lions! The Romans were mad! They used to flood this enormous building with water and had real ships performing naval battles in it! They basically brought the sea in the center of the city of Rome…and then took it back! When was that actually?

<https://www.youtube.com/watch?v=e-x74MFiWkg>

Leo was walking around the Colosseum maze-like corridors listening to his audio-guide.

“This is such an exciting place! I want to know more about the Roman Gladiators”

So, Leo went to Gladiator school in Rome for a workshop.

“I am sure it will be so much more fun to be a gladiator than a student! Homework is so hard and Maths and English were so boring!”

<https://www.youtube.com/watch?v=PLtSAnzprCY>

He never thought this was going to be so hard and painful! After only a day’s training Leo was exhausted and felt sick as his body was sore all over. He was is the blue zone and wasn’t feeling ok about it.

“What a foolish idea to go to Gladiator School! My whole body is in pain and I am so tired and hungry!”

“Belvue school was so much better!”

 Chapter 10

 Say…cheese

It is thought that the Romans introduced the first cheese into France but I doubt it they ever imagined how many different types of cheese the French would invent!

<http://www.socheese.fr/la-question/article/combien-la-france-compte-t-elle-de?lang=en>

“Camembert” said Leo out loud

“Mmmm Roquefort” a boy next to him responded

“Compte” said Leo

“Mimolette” said the boy

Leo felt silly…”Am I having a conversation in French? It never felt so easy in school!” he mumbled to himself. It didn’t bother him too much this time to be in the yellow zone. He was enjoying the funny cheese conversation!

The boy spoke English and explained to Leo that these are some of the different names of cheese in France. He also offered to show Leo around the most important landmarks in Paris:

<https://www.google.com/maps/d/viewer?mid=1YqMFIcD7vq2TnbClId9lRpTfhVQ&ie=UTF8&hl=en&msa=0&om=1&ll=48.860535999999996%2C2.3380280000000075&spn=0.080184%2C0.158272&z=13>

and of course a photo in front of the Eiffel Tower!

“Say…cheese Leo!”

Leo had learnt a lot already. So, he felt confident and cheerful having a good time with his new friend.

Leo had learnt in Belvue school to appreciate a good sense of humour. It helps to stay relaxed and be cheerful, make friends and enjoy. It is also in the green zone so…why not, he thought and…

“Brie” he said with a cheeky smile and posed for the photograph.

 Chapter 11

 She never had brie

It is time to visit the Louvre Museum!

<https://www.youvisit.com/tour/louvremuseum>

“I think I’ve solved the mystery of the smile of Mona Lisa. It’s probably because she never had cheese in her life this lady!”

 

 <https://www.youtube.com/watch?v=dCOI90wO_3o>

 Chapter 12

 Fondue of European towns

That was it…Leo had discovered his mission in life. He was going to start a cheese making business. He decided to visit as many towns as he could in different European countries famous for cheese.

Of course his first stop was Switzerland…to try the fondue! “I am going to find the best fondue recipe and cook it when I get back home!”

<https://www.youtube.com/watch?v=DrjUOasqc5E>

and of course he took the opportunity to go hiking on The Alps.

The fresh mountain air and sounds of the mountains and the waterfalls were so refreshing. Leo was constantly in the green zone up there. He had never been so calm before! It was like a long Mindfulness session up on the Alps!

<https://www.bbc.co.uk/bitesize/topics/z3fycdm/articles/zb3ywty>

It was time to get to explore more cheese towns across Europe: Gruyeres and Emmental in Switzerland, Edam in the Netherlands, Roquefort and Camembert in France, Pag in Croatia, La Mancha in Spain, Gorgonzola and Parma in Italy, Cheddar back home in Britain! He had to find all these places on the map of Europe and create and route for his travel!

<https://www.stuff.co.nz/travel/experiences/food-and-wine-holidays/113644511/europes-10-best-destinations-for-cheese>

His amazing recipe would be “The fondue of European towns” and he was going to put all the cheeses from all these places into a mix and be the most famous chef in Britain for his cheese fondue! Leo was so excited with his plans that he felt out of control as his mind started racing. He had to calm down and take one step at a time.

Leo had been away from his family and friends for a long time and he had started to miss them and feel lonely. He was in the blue zone. He missed his country, Britain, and his home and he decided it was time to fly back, get green again and start working towards his dream job!