**What is the Red Zone?**

The Yellow Zone describes an extremely heightened sense of intense emotions.

When a person reaches the Red Zone, they are no longer able to control their emotions or reactions.

In this zone, children have meltdowns. Being in the Red Zone means you’re feeling anger, rage, terror or complete devastation and feel out of control.

**How would a child in the Red Zone behave?**

* Excessive outbursts
* Fighting
* Swearing
* Irritable
* Acting dangerously
* Lack of control
* resentful

**What coping strategies do we use for the Red Zone?**

* Breathing strategies
* Take time to talk through emotions, feelings and behaviours
* Use calm down areas and strategies

**What strategies can you use at home?**

* Hug something
* Pop bubble wrap
* Squeeze a stress ball
* Breathing techniques
* Take time out
* Write down what is bothering you

**The Red Zone**

**The Red Zone**

**How might a child in the Red Zone feel?**

**STOP!**

**Talk to someone**

**Count to 20**

**Take deep breaths**

**Squeeze something**

**Draw a picture**

**Take a brain break**

**Nervous**

**Excited**

**Frustrated**

**Annoyed**

**Worried**

**Stressed**

**Confused**

**Not ready to learn**

**How might you feel?**

**Angry**

**What might help you?**

