



Red Zone
overjoyed/Elated
Panicked
Angry
Terrified

Red Zone:

Looks like



- Tears
- Angry face
- Fast breathing
- Kicking and hitting
- Throwing
- Hands in fists

Sounds like



- Crying
- Screaming
- Shouting
- Stomping feet

Feels like



- Out of control
- Need to be alone
- Fast heartbeat
- Hot
- A busy head -can't think
- Explosive

- A calm space e.g. the book corner
- Deep breaths
- Talk to one of your Give me 5 adults
- Read a book
- Go for a walk with an adult
- Reset - start again, try again!
- Be positive!