

# Red ZONE



## Red Zone

The Red Zone describes an extremely heightened state of intense emotions. When a person reaches the Red Zone, they're no longer about to control their emotions or reactions. Being in the red zone means you're feeling anger, rage, terror, or complete devastation and feel out of control. – All behaviour is communication there will be a reason that your child has gone into red zone but it is very hard to find out in the moment

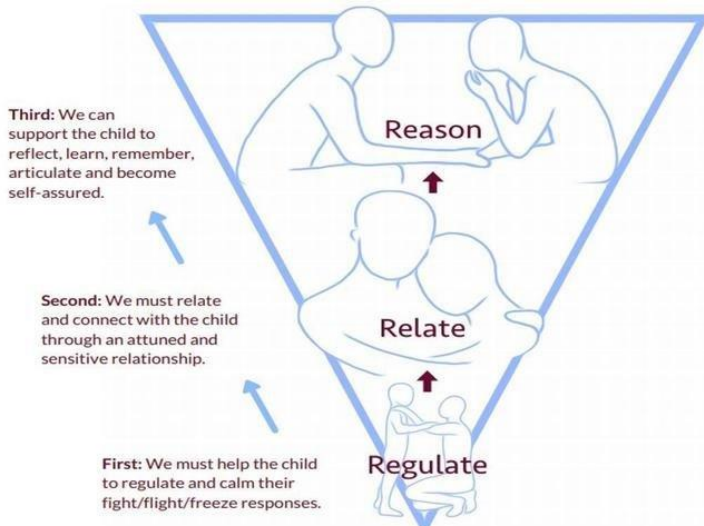
## Red Zone vocabulary

Angry, frustrated, furious, mad, enraged, terrified, out of control, overwhelmed and many more words.

## How would you feel or present in Red Zone?



## How to help in Red Zone



## Red Zone Regulations Ideas

- Silence
- Avoid making demands
- Validate feeling not actions
- Avoid the word 'no'
- Get down on your child's level
- Respect personal space
- Decrease sensory stimulation
- Use calm down space – stay nearby
- Where possible change adult
- Use distraction
- Practice deep breathing/ Take a walk

**Stay Calm** - The calmer you are, the calmer they will feel. Keep your voice steady and matter-of-fact. Get down to their level and make eye contact when you talk.

**Show Empathy** - Acknowledge how they feel: "You look frustrated, and it's okay to feel that way." When YOU name the feelings you see, the CHILD begins to learn to name them too. Put an arm around the child if appropriate.

**Help Solve the Problem** - Something caused the frustration, let them know you can help. Model language to articulate their feelings, and to describe to you what happened: "Oh no! Your block tower fell over, I wonder if that is what made you feel so mad/frustrated/sad! Sometimes I like when others can help me fix something that is broken"

**Have a Calm Down Spot** - Create a calming space for the child to go. Explain to the child that this is a place for taking breaks to calm down, and keep it positive. Stay nearby - Children need to instinctively know that the adults in their lives can handle their BIG, SCARY Emotions.

**When your child is regulated:** - Eventually children will wind down and feel ready to return to their learning. Offer praise for being able to calm themselves and support a smooth transition into a new activity. "It looks like you feel better now," "You helped yourself calm down!" "Shall we.....together?"