

# Quick Quiz:

Which zone might you be in if you are feeling lonely and bored?

Which zone might you be in if a friend told you they like your new shoes?

What zone do you think this character is in and why?



# The RED zone



RED ZONE

Angry    Mad    Mean

Yelling    Hitting    Terrified

Out of Control

# How do I look or act in the red zone?

- I scream and yell
- I hit, kick or throw
- I hide
- I stomp my feet
- I cry big tears

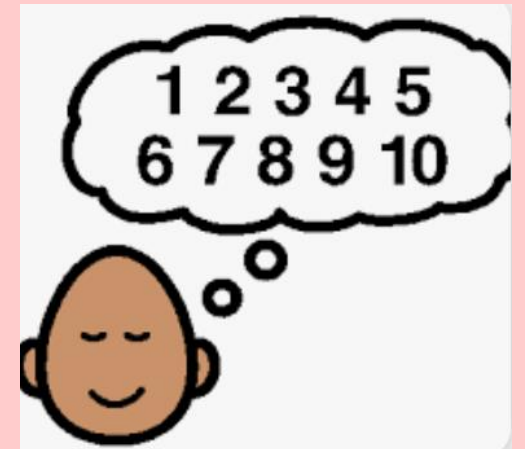


# What can I do to self-regulate?

Accept help from a grown up

Close my eyes and count to 10

Put my hands on my tummy and  
take deep breaths



# What can I do to self-regulate?

Think of a happy memory or a safe place



Write, talk or draw about  
how I feel



# Follow up activities

Which of these feelings do you have in the red zone?

worried

inconsolable

angry

lonely

content

focussed

excited

terrified

enraged

bored

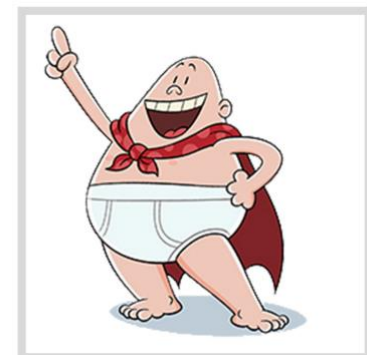
silly

# Follow up activities

Which of these characters is in the red zone?

How do you know?

How do you think they are feeling?



# Follow up activities

Which of these situations would put you in the red zone?

You got the growth  
mindset certificate in  
celebration assembly

You beat your sister in a  
game

You overslept and  
missed breakfast and  
it's still an hour until  
lunchtime

Your brother ate some  
of your Halloween  
chocolate while you  
were at school



# **Follow up activities**

Tell a partner or draw a picture of a  
time when you feel in the red zone