

Red Zone



What is the 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. This is the zone children are in during meltdowns. Being in the red zone means you're feeling anger, rage, terror, or complete devastation and feel out of control.

How would your child behave in the red zone?

- Excessive outbursts
- Fighting
- Shouting
- Irritability
- Acting dangerously
- Lack of control
- Resentful

How might your child feel in the red zone?

- Angry
- Mad
- Frustrated
- Scared
- Out of control
- Yelling
- Mean

What coping strategies might we implement in school?

- Take time out
- Go to a safe space
- Use a stress ball
- Time to talk through thoughts, feelings and behaviours
- Breathing strategies

What strategies can you use at home?

- Hug a teddy
- Pop bubble wrap
- Squeeze a stress ball
- Write down what's bothering you then screw it up
- Breathing techniques
- Calming music
- Sensory glitter jars and other calming sensory toys.
- Talk to a grown up

Stories to read at home

Ravi's Roar by Tom Percival – You Tube