



Red Zone Poster -Primary School



RED



ZONE

Red Zone

I am angry

I am feeling rage

I am feeling out of control

I am feeling cranky



Support me by

- ★ Not talking to me for a short while
- ★ Offering me some space in a place that is comfortable for me
- ★ Remind me that you are there for me
- ★ Give me an idea of how I can tell you when I am ready to rejoin you
- ★ Encourage me to go for a walk if I am feeling ready to leave the classroom