

## Zones of Regulation: Tips for handling the RED zone

Being in the red zone means the child is experiencing big Intense emotions and is likely feeling out of control. This will be due to feelings such as being:

- Angry/Frustrated
- Scared/terrified
- Over joyed/elated



When a child is in the red zone it is important to understand:

- **This is not a teaching zone!** When in the red zone you have very little control over your behaviour and will struggle to think clearly. This means it is not a good time to try to teach them calming strategies etc. this needs to be done at another time.
- **Reduce all verbal language:** The ability to process language will also be affected and is likely to increase the energy levels even higher. This is why it can be great to use visual strategies such a choice boards.
- Try to **reduce stimuli** in the environment e.g. move to a quiet space
- **Emotions are catching!** How you feel will reflect so it is super important to stay calm!
- Try to **avoid power struggles**; It is best to give some in the red zone time and space to calm down before addressing what the issue was

### Toolkit ideas

**Calming techniques:** taking deep breaths, taking a break/calm corner, listening to calm music

**Sensory support:** hugs, shoulder rubs, weighted blanket, sensory toys, go for a run

**Thinking strategies:** size of the problem, choice board of activities

Remember that everyone's toolkit will look very different – it is important to develop the toolkit at times the child is feeling calm and that they may need support to access the strategies when in the red zone.