

# Managing Emotions

## Red Zone — Blue Zone

Acknowledge your emotions... You are upset

- How we feel:**

  - angry
  - hot
  - heart racing
  - tense
  - terrified
  - unsafe

- How we respond:**

  - out of control
  - yell / hit
  - make inappropriate choices
  - less able to listen to reason
  - harm relationships

- What we need to do:**

  - TAKE 5!
  - use TAKE 5 strategies



- How we feel:**

  - happy
  - calm
  - ready to learn
  - safe
  - respected
  - trusted
  - included
  - in control

- How we respond:**

  - self-regulate
  - take responsibility
  - listen to reason
  - make appropriate choices
  - think happy thoughts
  - able to learn
  - able to

**RESTORE RELATIONSHIPS**

Breathe  
Breathe and get your high breath back low into your tummy

Freeze  
Pause and don't react

Think  
What positive actions can I take to solve this problem?

Choose  
Choose which positive action you will take

Act  
Time to follow through with your choice of action

Take 5  
Freeze, Breathe, Think,  
Choose and Act  
This will help you get into  
the blue zone.

**Take 5**

## WHEEL OF CHOICE

When you have a problem, Try at least (2) of these ideas



Stop, think and do the right thing!  
See a duty teacher if this doesn't help  
**MAKE A COOL CHOICE**

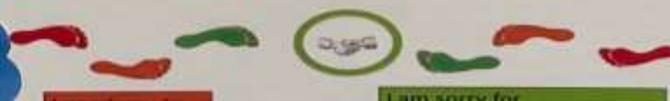
Wheel of Choice

Choose an option which will have a positive outcome.  
I need to stay calm and make a good choice. There are people who can help me.

## Affective statement

Restoring the relationship  
It is important to talk about what happened and to discuss how we can make it better.

I need to be able to speak about what happened so that it can be fixed.



### What do I need when I've been harmed?

- An apology
- An empathetic listener
- The wrong made right
- The other person to understand what has upset me
- To be respected
- To be allowed to have emotion
- Support and positive reinforcement
- Reassurance it won't happen again
- To draw a line underneath it

### What do I need when I've harmed others?

- To apologise
- Someone to talk to
- To make things right
- To make it up to others
- A chance to explain to the other person and myself
- To feel better about it and about myself
- To be forgiven
- To reassure them/myself it won't happen again
- To get back on friendly terms