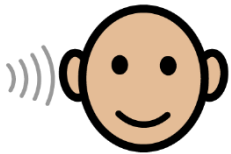


Name: \_\_\_\_\_

Date: \_\_\_\_\_

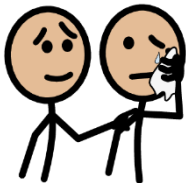
# THINGS I CAN DO in the RED ZONE



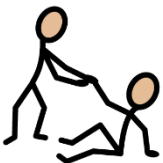
Listen to  
the adult



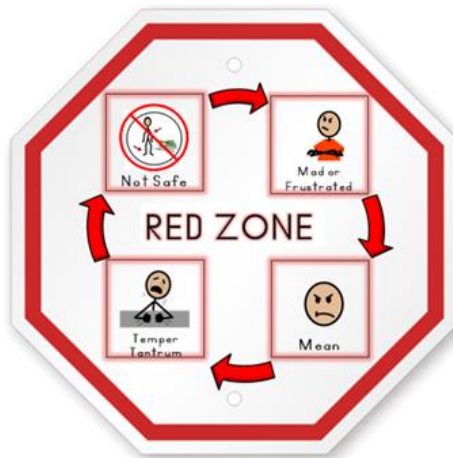
Take a Thinking  
BREAK



Apologize  
once I'm calm



Accept help  
from an adult



STOP



Make my  
Body Safe



Go to a Safe Place



Say how I feel



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# THINGS I CAN DO in the **RED ZONE** <sup>2</sup>

Listen to  
the adult

STOP.

Take a Thinking  
BREAK

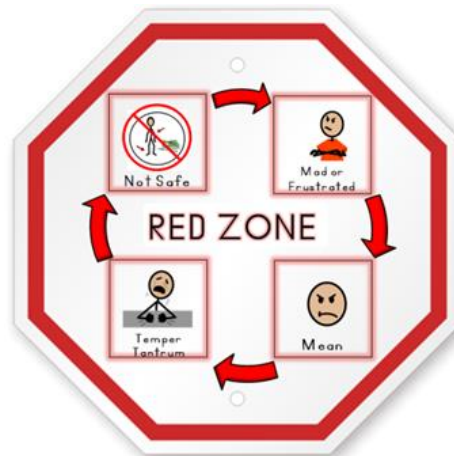
Make my  
Body Safe

Apologize  
once I'm calm

Go to a Safe Place

Accept help  
from an adult

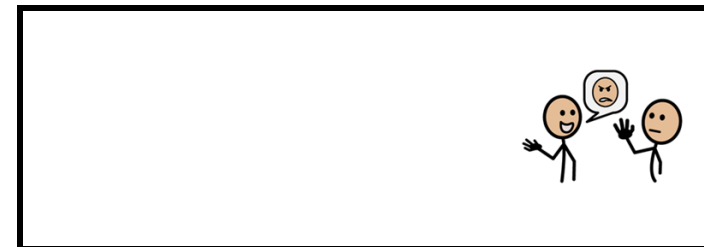
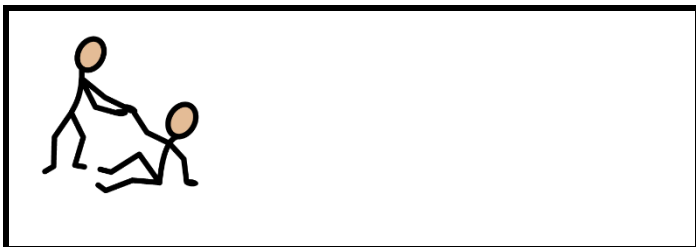
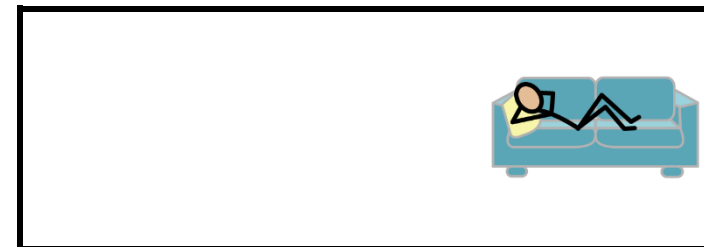
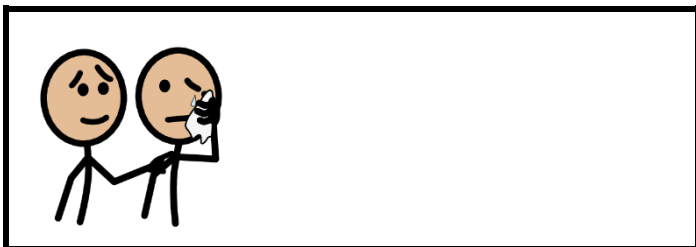
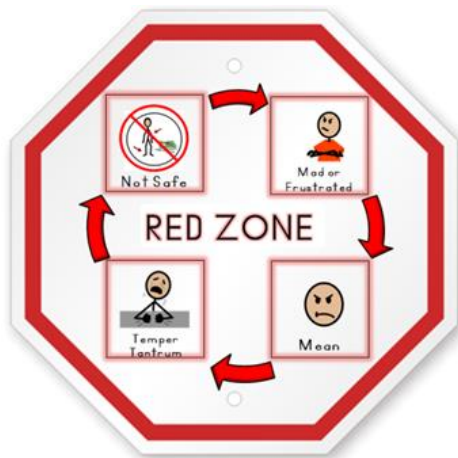
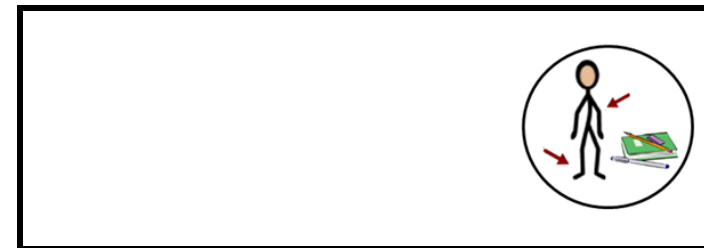
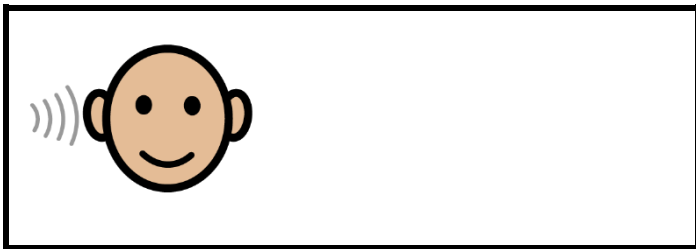
Say how I feel



Name: \_\_\_\_\_

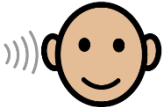
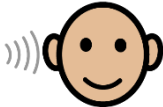









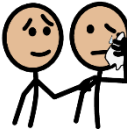




Date: \_\_\_\_\_

# THINGS I CAN DO in the RED ZONE <sup>3</sup>



Name: \_\_\_\_\_

Date: \_\_\_\_\_

 <p>Listen to the adult</p>		 <p>Listen to the adult</p>
<p>STOP</p> 		<p>STOP</p> 
<p>Go to a Safe Place</p> 		<p>Go to a Safe Place</p> 
 <p>Accept help from an adult.</p>		 <p>Accept help from an adult.</p>
<p>Make my body safe.</p> 		<p>Make my body safe.</p> 
 <p>Apologize once I'm calm</p>		 <p>Apologize once I'm calm</p>
<p>Say how I feel</p> 		<p>Say how I feel</p> 
 <p>Take a Thinking Break</p>		 <p>Take a Thinking Break</p>