

# Tornado Zone

When someone is **angry** they fall into the **Tornado Zone**.  
This is a place where your **heart beats fast**, your **face goes red**  
and lots of **thoughts start zooming** around your head.



Reflection Zone



Chill Zone



Pressure Zone



Tornado Zone

## Steps out of the Tornado Zone



1. Recognise



2. Breathe



3. Walk away



4. Tell an adult

