

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.



Steps out of the Tornado Zone



1. Recognise the
Tornado Zone
and Press Pause

2. Take a deep breath
(close your eyes)



3. Walk away from
the trigger



4. Deal with the situation
once you have returned
to the Chill Zone

