

Tornado Zone



Reflection Zone



Chill Zone



Pressure Zone



Tornado Zone

Unkind words



Nobody likes you!

Steps out of the Tornado Zone



1. Recognise the Tornado Zone



2. Press pause and breathe

Violence



I'm going to push him!



3. Walk away from the trigger



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

Examples of Triggers



1. Someone saying something rude



2. Losing



3. Being told off



4. Being pushed