

ZONES LANGUAGE

INSTEAD OF...

"You need to calm down."

"It's too loud in here."

"You need to take a break."

"You are losing points/
getting clipped up on our
level system."

"Don't worry about that."

"You need to get back to
the Green Zone."

TRY...

"Let's do a Zones Check-In."

"The noise in here is making ME feel like I'm in the Yellow Zone, and it's hard for me to think. I need to take a deep breath to manage my Zone."

"How are you feeling? Should we try a tool?"

"Let's check in with the Zones." If unable to identify a feeling or Zone, with permission, you might go on to say, "It looks like your body has a lot of energy and you are having a hard time focusing. Maybe you are feeling silly in the Yellow Zone. What's a tool that might help?"

"How can I help with this feeling?"

"It is okay to be angry in the Red Zone **and** we need to have a safe body. Let's find a tool to help." (Show a visual of their Red Zone Toolbox choices.)