

Ready, Aim and Master the Challenge!

How to stay safe and connected in your relationships



Adults and kids in the **RED**:

Take a while before talking

Adults and kids in the **YELLOW**:

Take a few minutes before talking

Adults and kids in the **GREEN**:

BULLSEYE! You are ready to talk

TIP 1: If you are in the **RED** allow yourself time to calm down before trying to solve problems or talk about behavior issues.

TIP 2: If you are in the **YELLOW** you may need to calm up or calm down. Take some time to meet your own needs before addressing the needs of others.

TIP 3: When you are both in the **GREEN**, learning and listening can take place.