

TALK NOW, TALK LATER BULLSEYE

This simple bullseye is a way to reflect on what emotional zone you are in. It can help you and your child regulate when things are tough.

I AM NOT READY TO TALK

I AM ALMOST READY TO TALK

I AM READY TO TALK

Parents face many frustrations with their children. Often, they want to solve the problem right away, while either the child or the parent- or both- are still upset.

Sometimes this makes things worse.

This is because we are not able to think as clearly when we're in our red zone.

To use the bullseye, we reflect and share with each other using the green, yellow, red zones to show when we are able to talk things out.

WHEN YOU ARE UPSET:

- Notice your emotions and point to the color that shows where you are.
- Ask your child to point to the color that shows where they are.
- If either of you have strong feelings it might be best to wait until later to talk, when the stress of the emotions has gone down.
- Come to an agreement about when you are going to talk.

This allows time for you both to get into your green zones. When both people are regulated, they will be better able to relate and to talk things through together.



REFLECTION:

What can you do when you are in the red zone or yellow zone to help yourself get to the green zone?
