Feelings traffic light

A shared family language for states that would otherwise end in an argument.

> Children often can't say what they feel, but they can point to a colour. Fill this in **together, in the green phase** — the agreement is made then and used in amber, when there is no longer room for negotiating. Hang it somewhere visible.

Green — I'm calm

What I look like

What I can manage then

Amber — something is brewing

First signs (voice, body, what I stop doing)

What helps me then

What others should do

Red — it's too much

What it looks like

What others should do

What they should NOT do

What I need once it passes

For personal use.