

# The Red Zone



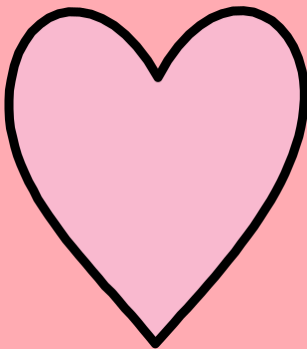
**Looks like**

Fighting  
Hitting  
Pushing/Kicking  
jumping around  
Being crazy



**Sounds like**

Shouting  
Screaming  
Slamming  
Loud laughing  
Crying



**Feels like**

Rage  
Elation  
Loss of control  
Need to be alone  
Fast heartbeat  
Empty bucket