



Seeing Red

- 'Seeing red' is when we become really angry very quickly.
- 'Seeing red' is just a way to describe this really sudden anger. People do not actually see the colour red. It is an idiom and comes from bull fighting - a bullfighter would wave a red cloak at a bull to make it angry and charge.
- When we 'see red' we get so angry so quickly that we lose control and often can't think properly. We are likely to act without thinking and do things like:
 - shout or scream
 - swear or say other unpleasant things
 - throw, break or damage things
 - try to hurt someone or ourselves
- When we 'see red' it is really difficult to control our feelings of anger. However, it is important that we try our best to stop ourselves from doing things that hurt others or damage things.
- When we 'see red' we can try to:
 - walk away from the situation that is making us angry
 - tell people - "I am so angry I just need to be alone for a while"
 - do an activity that helps us feel calmer
- 'Seeing red' can happen to anyone. It is a very powerful feeling of anger that is hard to control. It is however important to try our best to get calm again.

