

What to Say to Your Migs

Gentle Scripts for Every Emotional Zone

Migs Mello is based on real brain research—simplified so kids *and* grownups can understand. You'll learn how the amygdala, cortex, and other brain parts affect behavior, and how to respond in ways that calm, connect, and heal.

● Green Zone – Calm, Connected, Ready to Learn

Your Child Might Say:

- "I feel good."
- "I like school today."
- "Can I help?"
- "Let's play!"
- "This is fun."

You Can Say to Migs (and Your Child):

- "Migs is in the green! That means your brain and heart are working together."
- "You look calm and ready. Want to try something new today?"
- "Let's celebrate this green moment with a squish!"
- "It feels good to feel good—want to help someone else feel that way too?"

How You Know They've Left the Green Zone and Are Headed Into Yellow:

- Their tone shifts: a little snappier, less playful
- They stop engaging with ease (suddenly don't want to share, play, or help)
- They start asking lots of "what if" or negative-leaning questions
- Restlessness creeps in (fidgeting, distracted, pacing)

- They respond to boundaries or transitions with resistance or frustration

You might hear:

- "Ugh, do I *have* to?"
- "Why are you looking at me like that?"
- "I don't know. I just don't feel right."

This is your cue to gently pause, check in with Migs, and co-regulate *before* things get too yellow.

Yellow Zone – Wobbly, Edgy, Anxious, Overstimulated

Your Child Might Say:

- "I don't know what's wrong."
- "Stop talking to me."
- "I need a break."

You Can Say to Migs:

- "Hmm... I think Migs is wobbling between green and yellow. Let's check in."
 - "You don't have to explain everything. Let's just take a moment to breathe together."
 - "It's okay to feel a little off. Let's get you back to green at your pace."
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Red Zone – Angry, Panicked, Frozen, Melting Down

Your Child Might Say (or not say anything):

- "LEAVE ME ALONE!"
- *[screaming, crying, growling, hitting]*
- *[goes silent or shuts down]*

You Can Say to Migs:

- "Migs is glowing red right now. That means your brain is trying to protect you. You're not bad—you're having a big feeling."
- "I'm here. I won't leave. We don't have to talk right now."

- "Let's make your body feel safe. Want to hold something soft, take deep belly breaths, or just sit in your squish spot?"
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♥ After the Red – Repair and Reconnect

Your Child Might Say:

- "I'm sorry."
- "I didn't mean it."
- "I don't know why I got so upset."

You Can Say to Migs:

- "Even when your feelings get big, you are still loved."
 - "That was a hard moment. Thank you for coming back to green with me."
 - "Let's talk about what Migs was feeling and what helped."
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When in doubt, squish it out.

Tip: If your child is too young or overwhelmed for words, model the language with a toy or say it to Migs out loud:

"Migs, I see you. You're safe. We're going to help you calm down together."

Print this and post it on your fridge, classroom wall, or therapy room?
Add your child's name or favorite squish phrase to personalize it!