

## The Righteous Red Zone: The Role of Anger in the Fight For Justice

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All The Zones are OK. We know this, but it is time to consider a facet of the Red Zone that is often unexplored. There is a specific type of indignation that is fueled by bearing witness and especially bearing the brunt of injustice. This feeling inside your body, when your heart is beating out of control, your thoughts are racing, your muscles are tense, you feel it down in the pit of your stomach. You may barely be holding on to control. The Righteous Red Zone.

This Red Zone motivates people to stand together in protest, to march, to leave messages for lawmakers, to donate time and money, to have difficult and honest conversations, to vote, to self-reflect and learn, to make “Good Trouble”, as the great Congressman and Civil Rights champion John Lewis put it.

When we teach our kids how to recognize and work through their Zones, let’s not leave this out. Let’s talk about the Zone you’re in when you see something that’s wrong, and you know you need to stand for what’s right. What does that feel like? How do we work with this feeling to make positive change in our spheres? What are the implications for us, and how do they vary from person-to-person? How are the consequences of being in the Righteous Red Zone magnified for people in marginalized or historically oppressed communities? It’s a nuanced and rich conversation, and one that our kids are ready for.

#RighteousRedZone

