On the interval $-\pi \le \theta \le 0$, the graph is a "valley." It starts at $(-\pi,0)$, decreases down to the lowest point $\left(-\frac{\pi}{2},-1\right)$, and then increases up to (0,0). The range is the set of outputs or y values of the function. These are between -1 and 0, so the range is $-1 \le y \le 0$.