

Freeze	Flight	Fight	Submit
<p>Not interested, bored</p> <p>Confused, forgetful</p> <p>Staring into space, unable to listen, daydreaming</p> <p>Stubborn</p> <p>Unable to move on or get things done the way you used to.</p>	<ul style="list-style-type: none"> ● Running away ● Keeping SUPER busy ● Not coping with free time ● Being hyperactive ● Avoid doing things 	<ul style="list-style-type: none"> ● Feeling hot and bothered ● Being angry and aggressive ● Controlling behaviour ● Lying or blaming other people ● Shouting and being argumentative ● Pushing people away ● Being demanding ● Being more inflexible than usual. 	<ul style="list-style-type: none"> ● Becoming more socially withdrawn ● Compliant ● Quiet ● Unable to think straight ● Passive ● Sleepy ● Low mood ● Disinterested
Grounding ideas	Grounding ideas	Grounding ideas	Grounding ideas
Stay with me - don't	<ul style="list-style-type: none"> ● Keep me close by 	<ul style="list-style-type: none"> ● Give me something to 	<ul style="list-style-type: none"> ● Give me repetitive.

<p>leave me alone</p> <p>Help me with some deep breathing or calming exercises.</p> <p>Give me something sensory to do. I.e. Exercise, spinning on a swing, jumping on a trampoline, digging in the garden or sand, climbing.</p> <p>Help me reconnect to the environment.</p> <p>Be kind with me - talk things through calmly, reassure me.</p> <p>Get me something comforting to eat or drink - I.e. hot chocolate and a piece of toast.</p> <p>Provide me with a comforting activity. I.e. Warm bath, let me watch T.V</p>	<ul style="list-style-type: none"> ● Provide me with a safe space, encourage me to use it. ● Help me calm down with some breathing exercises. ● Make things predictable. ● Give me something crunchy to eat. ● Tell me I'm safe ● Let me do something active to vent my frustrations. I.e. punching, tug of war, climbing, running or jumping. ● Give me something sensory to help calm me down. I.e. A weighted blanket. ● Talk things through with me when I am ready. Help me resolve my problems. ● Help me calm down with something I find 	<p>do that makes me feel important.</p> <ul style="list-style-type: none"> ● Match my energy - join me in running or jumping. ● Give me some space if I need it. ● Keep me safe ● Give me something chewy to eat. ● Make things predictable ● Let me do something physical. ● Help me calm down with deep breathing exercises or whatever works best for me. ● Show me empathy before talking about the consequences of my behaviour. ● Give me something comforting to do once I start to calm down. 	<p>simple tasks</p> <ul style="list-style-type: none"> ● A weighted blanket ● Swinging ● Building something lego or playdough. ● Talk things through with me - reassure tell me I'm safe. ● Let me spend time a trusted adult ● Help me with deep breathing or other calming exercises. ● Do a simple task with me. ● Tell me what to do without getting frustrated. ● Provide me with a basic routine ● Give me something comforting, I.e. A weighted blanket, warm pj's a hot drink. ● Let me do something
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	comforting. ie. a warm drink, a hot water bottle or a comfort item.		enjoy doing or find relaxing - ie. watch T.V or crafting.
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