

Freeze, Flight and Fight

When our brain's alarm goes off...



Sometimes we feel like we can't move or think.

That's called **freeze**.

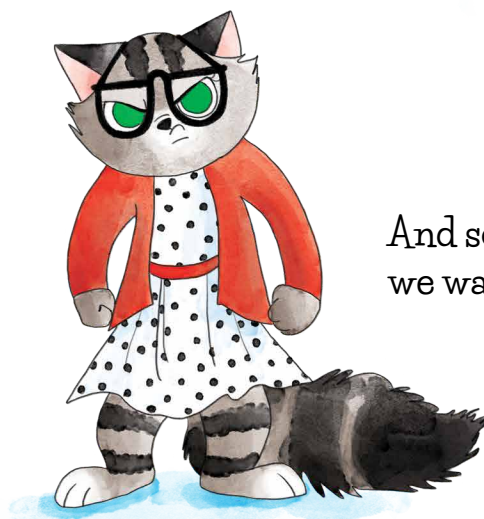
Sometimes we feel like we want to get away.

That's called **flight**.



And sometimes we feel like we want to hit and yell.

That's called **fight**.



What does Freeze feel like for you?

I am frozen



I can't get
my words out



My head
is floating



I disappear

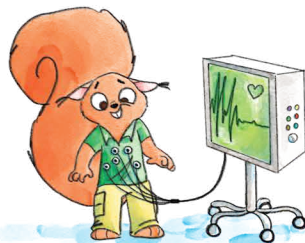


I am stuck



I make myself
very little

My heart
is beating faster
and then so quiet
I can't hear it



I am invisible



What does **Flight** feel like for you?

I want to get far, far away

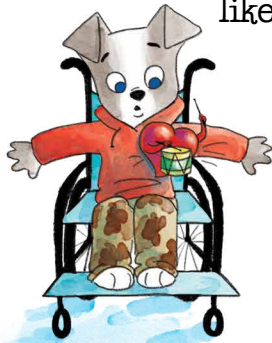


I want to run like a racehorse

I am dizzy



My heart is pounding like a drum



I talk as fast as a runaway train

I can't catch my breath



I want to escape as fast as I can



I jump out of my skin

What does **Fight** feel like for you?



I want to
hammer something



I fight
like a knight



I'm hot
like a volcano



I roar
like a lion



I want to
kick and stomp



I wrestle
like a gorilla



I breathe fire



I'm as big
as a giant



When my body feels safe and settled...



...I am silly with my friends

...I want to play



...I laugh like a monkey

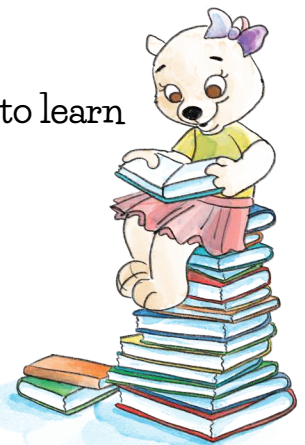


...I can take a big breath



...I am in charge of my feelings

...I want to learn



...I am curious like a detective



...I can speak so people hear and understand my words