Sometimes we feel like we want to get away.

That’s called **flight**.

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

That’s called **freeze**.

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?**

- My heart is pounding like a drum
- I want to get far, far away
- I am dizzy
- I want to run like a racehorse
- 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 breathe fire
- I want to hammer something
- I want to kick and stomp
- I roar like a lion
- I fight like a knight
- I'm hot like a volcano
- I wrestle like a gorilla
- I'm as big as a giant
When my body feels safe and settled...

...I am silly with my friends

...I laugh like a monkey

...I can take a big breath

...I am in charge of my feelings

...I want to play

...I want to learn

...I am curious like a detective

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