



I am showing you....



On the inside.....



I need you to....

**MOBILISATION: Fight, flight, active freeze, action oriented**

**You might say I am:**

Aggressive, threatening, loud, fighting, yelling, name calling, confrontational, throwing objects damaging property, running away, hyperactive, controlling, demanding, inflexible, tense, scanning the room.

**I am feeling:**

Anxious, worried, frightened. lonely, hurt, rageful, scared, annoyed, angry, a sense of urgency, I can't cope, confused, overwhelmed

**My body says:**

Run away, I'm hot, sweating, shaking, my heart is pounding, I can't sit still, I need to move, pull away, lash out,

**Down regulate**

- Keep me safe
- My safe adult needs to be in tune with their own regulative capacity – where are you in your window?
- Co-regulate – be safe, attuned, responsive
- Use movement – big then smaller – jumping, hanging, swinging, climbing, star jumps,
- Time in – stay close or close by when safe to
- Name big feelings and body sensations
- Tell me I'm safe  
Weighted blankets, toys, Crunchy or chewy foods, tug of war, push against a wall, yell into a pillow, hot water bottle, create a safe space to retreat to until I calm down, warm drink, deep breathing, give me an important task to do
- Repair our relationship – 'we are ok, our relationship is strong'

**Social engagement  
Feeling safe, staying in relationship, connection oriented**

**You might say I am:**

Making eye contact, listening, responding to instructions, expressing emotions without overwhelm, seeking co-regulation, engaging in play and exploration. learning

**I am feeling:**

Safe, calm, happy, sad, annoyed, frustrated, angry BUT not overwhelmed, reflective, motivated to learn, play and explore, curious, open, interested

**My body says:**

Approach others, sit still, breathe deeply, relax muscles, notice my body's feelings and sensations

- My safe adult needs to be in tune with their own regulative capacity – where are you in your window?
- Co-regulate - be safe, attuned, responsive
- Play, have fun,
- Teach self-regulation strategies and build child's inner resources
- Role model positive relationships
- Set boundaries and natural consequences, use reflective and problem solving skills
- Engage top down learning – next time I feel angry, I can...



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#### **IMMOBILISATION:**

**Withdrawal, collapse, submission, dissociation, avoidant oriented**

#### **You might say I am:**

Low in mood, withdrawn, avoiding contact, distant, daydreaming, quiet, passive, compliant, slowly moving, not moving, not focussing, eyes glazed over, hiding.

#### **I am feeling:**

Disconnected, spaced out, vague, I'm disappearing, I can't focus, flat, depressed, withdrawn, unmotivated, distant, as if things aren't real, I can't remember things.

#### **My body says:**

Avoid others, I'm not in my body, numbness, lethargy, tiredness, I want to hide, slow, sleep, curl up in a ball.

#### **Up regulate**

- My safe adult needs to be in tune with their own regulative capacity – where are you in your window?
- Co-regulate - be safe, attuned, responsive
- Tell me I'm safe, time in, orientate me to the room, help me to feel my body, gently squeeze my hands, guide me to squeeze my arms and legs, wiggle my toes, have a cold drink, splash my face with cold water, use movement – stretching, swinging, swaying, feeling my feet on the ground, squeezing objects, give me small repetitive tasks to do, crunchy food, play with play dough, Name feelings and body sensations
- Repair relationship – 'we are ok, our relationship is strong'

Grounded in the work of Dr Dan Siegel, Dr Stephen Porges and Dr Bruce Perry



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