

Draw your sense of how his/her arousal state shifts within or outside of the window of tolerance

	<p>Mobilization - Hyper-arousal Too much arousal to integrate Fight, flight or active freeze</p>
	<p>Window of tolerance Social engagement zone I can experience a range of emotions and not feel overwhelmed</p>
	<p>Immobilization – hypo-arousal Too little arousal to integrate Submission/withdrawal/collapse</p>

<p>Does she/he have a dominant protective response or tend to show more than one protective response? i.e:</p> <ul style="list-style-type: none"> • Social engagement - engaging with others to feel safe • Mobilization – fight, flight, active freeze • Immobilization – Submission/collapse 	
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<p>In what situations is her/his protective responses most likely to be shown?</p>	
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<p>In what situations is the child most likely to be able to maintain social engagement with others? Are there particular people that she/he feels most safe with?</p>	
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Intervention ideas

<p>Mobilization Aim: calm down arousal Some intervention ideas;</p> <ul style="list-style-type: none"> • Rhythmic, repetitive movements • Grounding techniques • Containing techniques • Co-regulation aimed at slowing down the child's nervous system 	
<p>Immobilization Aim: Orienting and Aligning Some intervention ideas:</p> <ul style="list-style-type: none"> • Orienting to space • Orienting to senses • Aligning the body • Co-regulation aimed at socially engaging the child 	
<p>Social engagement Aim: To increase use of this protective response Some intervention ideas:</p> <ul style="list-style-type: none"> • Breathing techniques • Co-regulation aimed at maintaining social engagement across contexts 	