



I am showing you.....



On the inside.....



I need you to.....

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
- Playful
- Curious
- Open
- Interested

My body says:

- Approach others
- Sit still
- Breathe deeply
- Relax muscles
- Notice my body's feelings and sensations

Help me to stay engaged

- Be in tune with your own regulatory capacity – where are you in your window?
- Let me lead some co-regulations by being safe, attuned and responsive
- Play and have fun with me
- Teach me self-regulation strategies that I like to build my inner resources
- Role model positive relationships
- Set boundaries and natural consequences
- Use reflective and problem solving skills so I can learn them too
- Engage top down learning – ‘Next time I feel angry, I can....’ I may not always be able to use them but I can practice them!
- Notice and acknowledge my strengths and my skills
- Help me to find my own sense of who I am



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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

Help me to down regulate

- Keep me safe
- Be in tune with your own regulatory capacity – where are you in your window?
- Co-regulate – be safe, attuned and responsive to me
- Use movement – big then smaller, jumping, hanging, swinging, climbing, star jumps
- Use time in (not time out) – letting me stay close or close by when it's safe to
- Name big feelings and body sensations
- Tell me I am safe and demonstrate it with your actions
- Use weighted blankets and toys
- Provide sensory strategies – crunchy or chewy foods, hot water bottle, a warm drink, a tug of war, pushing against a wall, yelling down the plug hole or into a pillow
- Creating a safe space near you where I can retreat to until I calm down
- Model deep breathing
- Repair our relationship – 'we are ok and our relationship is strong'



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On the inside.....



I need you to.....

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

Help me to up regulate

- Be in tune with your own regulatory capacity – where are you in your window?
- Co-regulate – be safe, attuned and responsive with me
- Tell me I am safe and demonstrate it with your actions, gestures and tone of voice
- Use time in (not time out) – letting me stay close or close by when it's safe to
- Help me to orient to the room we are in by looking for specific things like something green, something on the roof or something on the floor
- Help me to feel my body by noticing different parts, such as my feet on the floor and my bottom on the chair
- Gently squeeze my hands, my arms or my legs if you think our relationship enables that
- Ask me to wiggle my toes
- Provide sensory strategies – a cold drink, splash my face with cold water, crunchy food, squeezing different objects, playing with play dough
- Help me find a movement that helps – stretching, swinging, swaying
- Name my big feelings and body sensations
- Repair our relationship – 'we are ok and our relationship is strong'