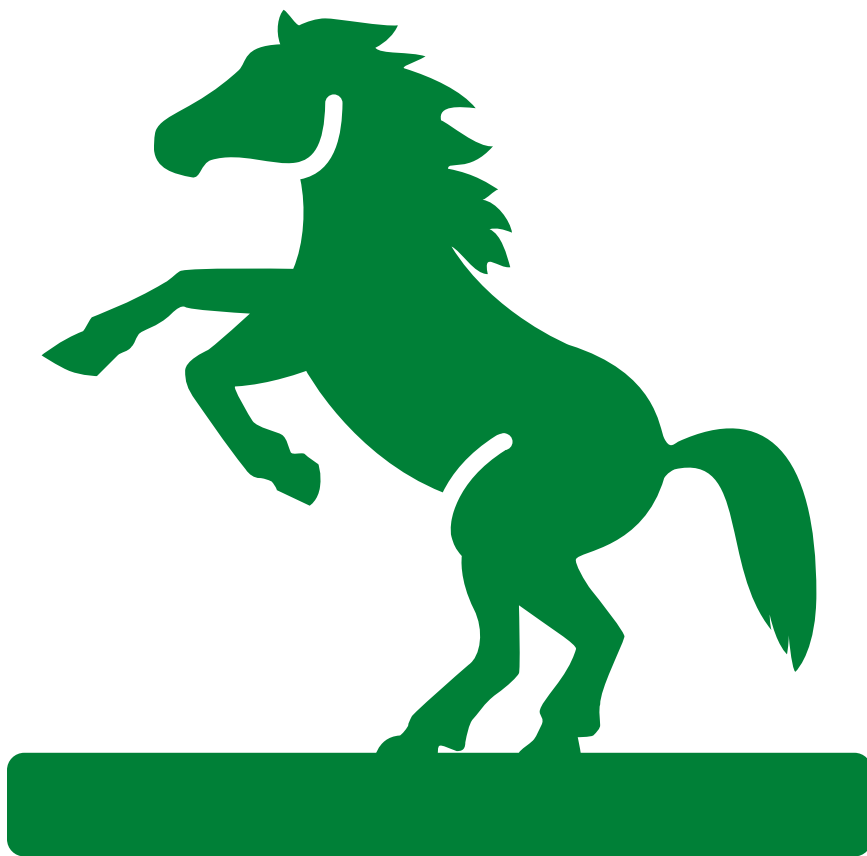


EXPLORING THE FREEZE RESPONSE

Anxiety Support



BRIDGE THE GAP

NOTES

This sheet is for you to explore the flight response at a time when the child feels relaxed and safe. It is not be used when a child is feeling scared or anxious.

There are no 'right or wrong' answers, it's an opportunity to have a conversation as part of a 'drip drip srip' approach of sharing information and exploring anxiety with children.

This should only be completed with a grown up that the child feels completely safe with.

You can revisit it again at different times if appropriate and the child feels comfortable to. As their Emotional Literacy skills develop they may gain different knowledge from the same activity.

Keep the atmosphere as light as possible.



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FREEZE



Imagine that you are a mouse and you are being chased by a cat.

BREATHING

Think about your breathing if you were the Tiger. Is it fast or slow?

Fast Slow

Can you notice your heart beating fast?

Yes No



**How do your muscles feel in your
legs, chest and arms?**

All these changes are normal.

Have you ever noticed them before?"

If the mouse hid and pretended to freeze like a statue, where would it go to do this?

It can't run and it can't fight so it freezes. "How do you think the mouse would feel? (Even though the mouse is very still there is lots of energy in its body helping it to be still). What would it be thinking?"

AFTER A WHILE THE MOUSE NOTICES THAT IT IS SAFE AND ITS BODY BEGINS TO SETTLE, WHAT DO YOU NOTICE AS THE MOUSE BEGINS TO SETTLE?



Does its breathing change?

Does its heart start to beat slower?

What does it notice in its muscles?

Sometimes our muscles feel shaky, hot, sweaty or tingly? Do you notice any of those sensations?

Yes No

What was that like to imagine being the mouse? We are no different than the mouse when we are scared, sometimes we freeze too. These are the sensations that we can notice in our own bodies and this is something that everyone experiences, adults and children.