

How do you feel today?



angry



bored



chilled



disgusted



embarrassed



frustrated



gloomy



happy



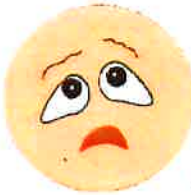
irate



jolly



kind



lonely



mean



nervous



outraged



proud



quirky



repulsed



scared



tired



upset



vulnerable



worried



excited

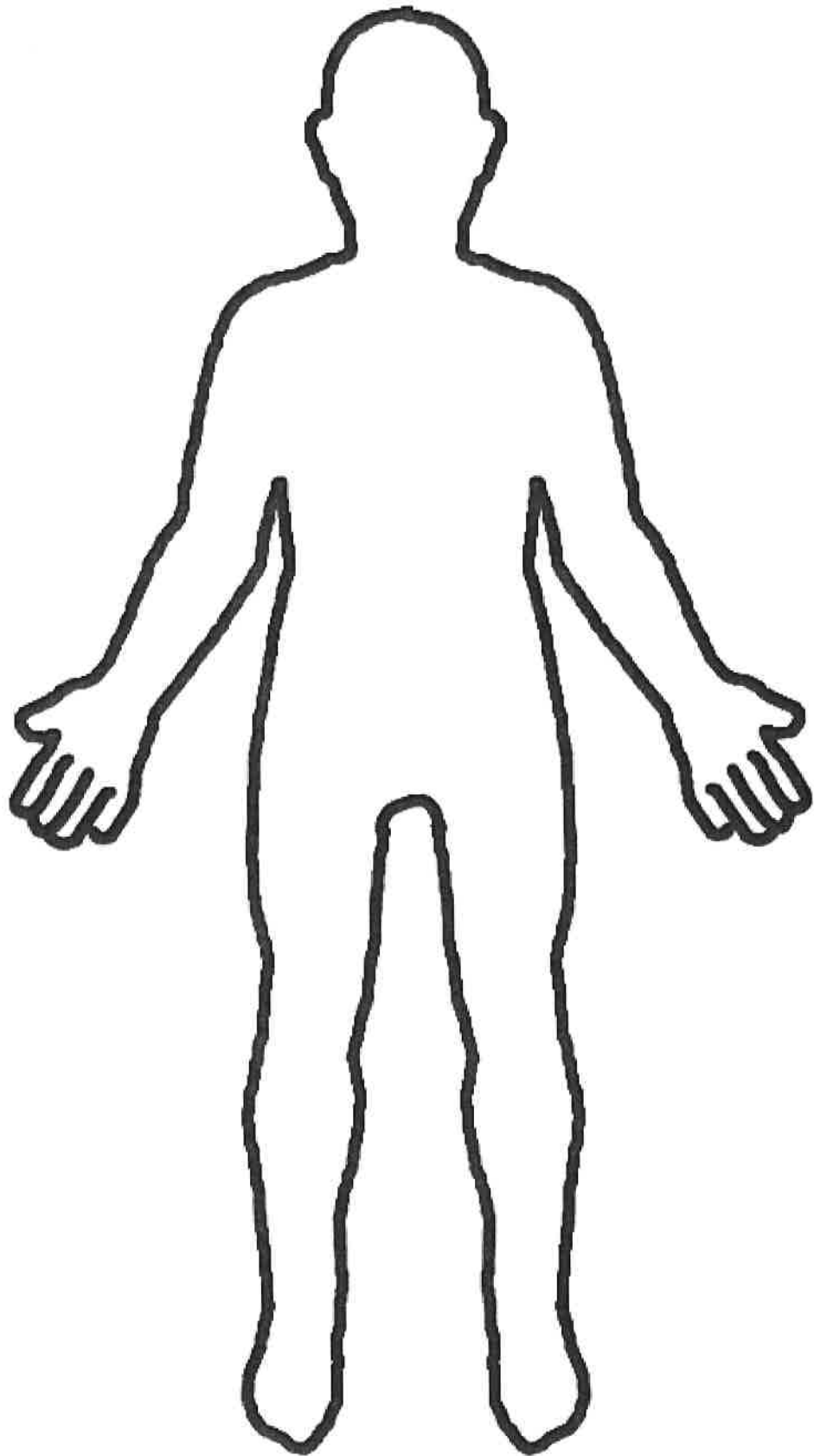


yucky



zany

Where in their body does your child feel anxiety?
What does it feel like for them?



5 SENSES

MINDFULNESS EXERCISE



5 things you can see



4 things you can feel



3 things you can hear



2 things you can smell



1 thing you can taste

WHAT 'FIGHT, FLIGHT OR FREEZE' LOOKS LIKE IN THE CLASSROOM

Home > Infographics > What 'Fight, Flight Or Freeze' Looks Like In The Classroom 



WHAT 'FIGHT, FLIGHT OR FREEZE' LOOKS LIKE IN THE CLASSROOM

FIGHT

- Acting out
- Behaving aggressively
- Acting silly
- Exhibiting defiance
- Being hyperactive
- Arguing
- Screaming/yelling

FLIGHT

- Withdrawing
- Becoming disengaged
- Fleeing the classroom
- Skipping class
- Day dreaming
- Sleeping
- Avoiding others

FREEZE

- Exhibiting numbness
- Refusing to answer
- Feeling unable to move or act
- Refusing to get needs met
- Giving a blank look
- Sense of stiffness
- Feeling numb

Categories

Infographics (243)

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WHAT 'FIGHT, FLIGHT OR FREEZE' LOOKS LIKE IN THE CLASSROOM



Everyone feels anxious from time to time. In fact, feeling anxious can be our brain's way of protecting us. But what happens when inexplicable anxiety becomes uncontrollable and takes over your life?

The Fight Flight Freeze Response:

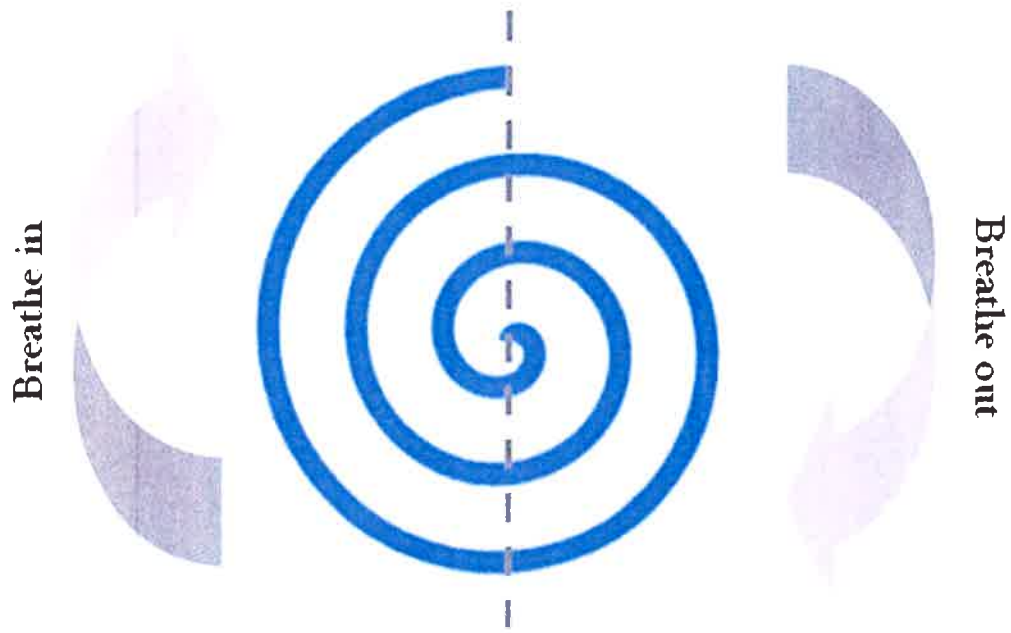
The "fight or flight response" is our body's automatic and primitive, inborn response that prepares the body to "fight" or "flee" from perceived attack, harm or threat to our survival. Sometimes, though, we perceive threat or harm when in reality, things are totally fine.

The video below explains how FFF-responses work, what it does to our body and mind, and how to deal with it.

<https://tinyurl.com/frfw5nac>

<https://camhsprofessionals.co.uk/2020/09/15/what-fight-flight-or-freeze-looks-like-in-the-classroom-%F0%9F%8C%8D/>

Drawing a spiral breathing



Tummy breathing with a soft toy





8 WAYS A CHILD'S ANXIETY CAN SHOW UP



When a child is having anxiety they can rarely say "I'm feeling anxious." Instead their anxiety can show up as a number of other feelings and through different symptoms.

1

CHANDELIERING



Chandeliering is when your child seems calm and then suddenly the smallest of things upsets them. They fly off the handle and you're not quite sure why. They have pushed their emotions away for SO long that they finally bubble up to the surface!

2

ANGER

When a child feels anxious it triggers their fight or flight response. This may make them angry although they may not know why.



3

DEFIANCE



When your child is feeling anxious they feel out of control. They may defy you in an attempt to control whatever aspect of their life they can.

4

DIFFICULTY SLEEPING

One of the biggest hallmarks of anxiety is children is not being able to get to sleep or having issues staying asleep. Sound familiar?



5

NEGATIVITY

Someone who experiences anxiety tends to have many more negative thoughts than someone who does not. Children are no different.



6

LACK OF FOCUS

Children with anxiety get so caught up in their own worries and thoughts that they lose focus of what they're trying to do and can't pay attention to what is going on around them.



7

OVERPLANNING

Overplanning has the same cause as defiant behavior in children with anxiety. Children will over-plan when they know they're going into a situation where they will have little or no control.



8

AVOIDANCE

Children with anxiety will sometimes try to avoid certain situations or people that cause them that anxiety. In turn they end up getting in those situations or seeing that person more.



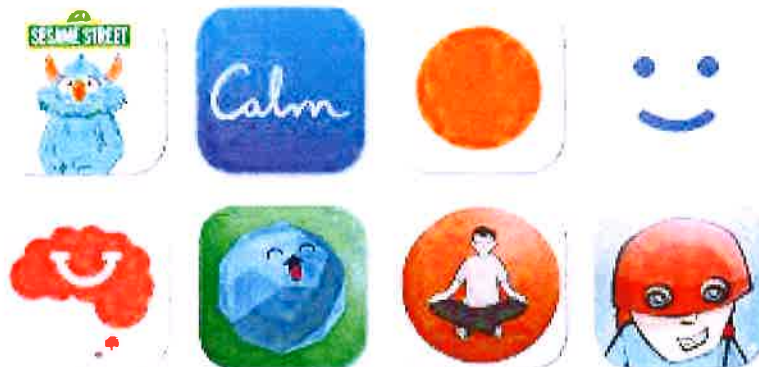
Cosmic Kids Yoga (YouTube)



Meditation for Kids (YouTube)

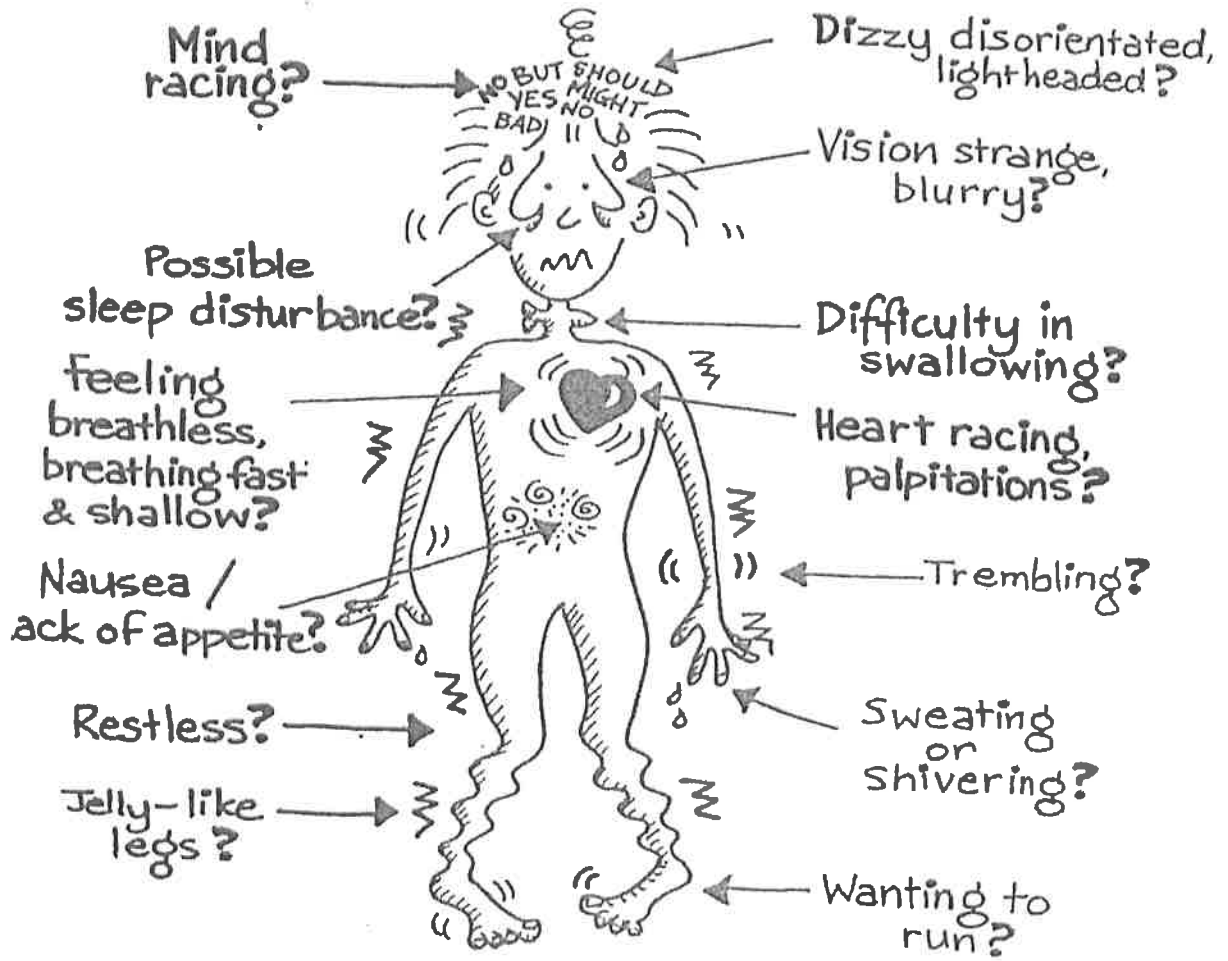


Free Meditation apps for Kids

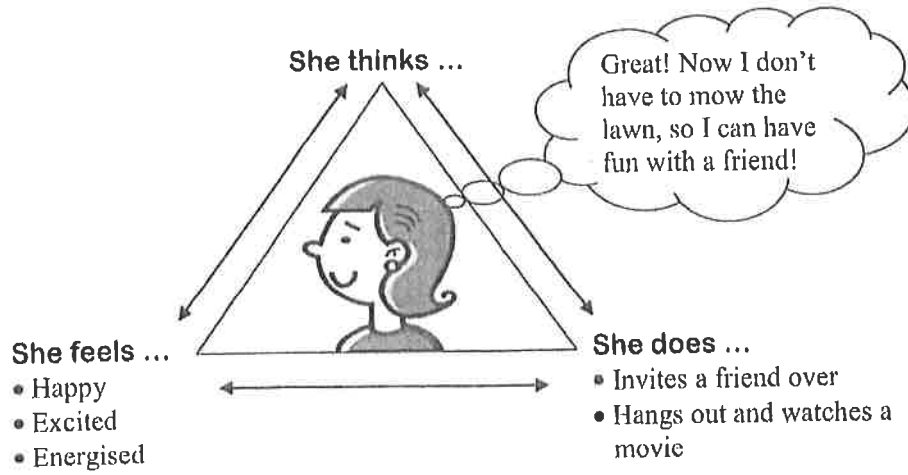
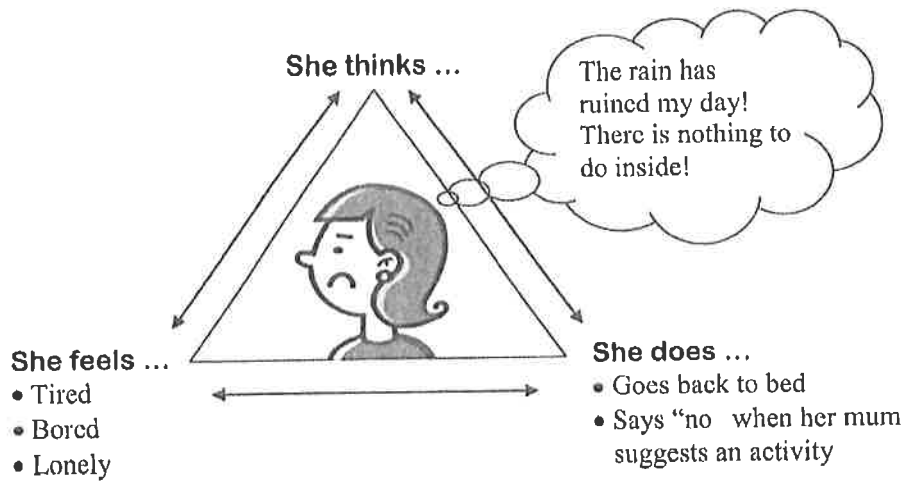


1. Breathe, Think, Do with Sesame
2. Calm
3. Headspace
4. Three Good Things
5. Smiling Mind
6. Mindful Powers
7. Stop, Breathe & Think
8. Super Stretch Yoga

What does anxiety feel like in your body?



Challenging negative thoughts



What to Say to Help an Anxious Child Calm Down

- **“I am here; you are safe.”** Anxiety has a way of making things look worse and feel scarier than when we are not feeling worried. These words can offer comfort and safety when your child is feeling out of control, especially if they are at the height of their worry. If you’re not sure what to say, this is an excellent go-to phrase!
- **“Tell me about it.”** Give your child room to talk about their fears without interrupting. Some children need to have time to process through their thoughts. Do not offer solutions or try to fix it. Children sometimes do better with a set amount of time: “Let’s talk about your worries for 10 minutes.”
- **“How big is your worry?”** Help your child verbalise the size of their worry and give you an accurate picture of how it feels to them. They can represent their worry by using arm length (hands close together or arms stretched wide apart) or by drawing three circles on a paper (small, medium, and large) and choosing the one that applies.
- **“What do you want to tell your worry?”** Explain to your child that worry is like an annoying “worry bug” that hangs around telling them to be worried. Create a few phrases, then give them permission to talk back to this “worry bug.” They can even be bossy: “Go away!” or “I don’t have to listen to you!” Use silly voices and try it loud and quiet.
- **“Can you draw it?”** Many kids cannot express their emotions with words. Encourage them to draw, paint or create their worries on paper. When they are finished, make observations, and give them a chance to explain the significance: “That’s a lot of blue!”
- **“Let’s change the ending.”** Anxious children often feel stuck in the same pattern without a way out. Help them see different options by telling their story but leaving off the ending. Then, create a few new endings. Some can be silly, but at least one should be realistic for your child. Focus on your child conquering their fears with confidence!
- **“What other things do you know about (fill in the blank)?”** Some children feel empowered when they have more information about their fear (especially things like tornadoes, bees, elevators, etc.). Grab a book from

the library, do a science experiment, research together online: How often does your fear happen? How do people stay safe?

- **“Which calming strategy do you want to use?”** Work proactively to create a long list of calming strategies your child enjoys. Practice them during the day, at random times when your child feels calm. When your child feels a worry sneaking into their thoughts, encourage them to pick something from the list.
- **“I’m going to take a deep breath.”** Sometimes our children are so worried that they resist our encouragement to pick a calming strategy. In this case, use yourself as the calming skill! Verbalise what you are doing and how it makes you feel. Some people hold their children close so they can feel the rise and fall of their chest as they breathe.
- **“It’s scary AND...”** Acknowledge your child’s fear without making it even more frightening by using the word “AND.” After the word “and” you can add phrases like, “You are safe.” or “You’ve conquered this fear before.” or “You have a plan.” This models an internal dialogue your child can use next time they are feeling worried.
- **“I can’t wait to hear about...”** It’s hard to see our kids suffer with worry. Many parents rush in to rescue their child from an anxiety-producing situation. Encourage your child that they will survive this difficult feeling by bringing up a topic to talk about when you’re together later — what they did at recess, who they sat by at lunch, etc.
- **“What do you need from me?”** Instead of assuming that you know what your child needs, give them an opportunity to tell you what would help. Older kids may be able to verbalise if they need you to listen, give a hug, or help them find a solution. If you can’t do it, give them their wish in fantasy: “I wish grown-ups could go to kindergarten too!”
- **“This feeling will pass.”** This may be a phrase you can both use when your child is at the height of panic. All feelings pass eventually. It often feels like they will never end, you won’t make it through, or it’s too hard. And that’s OK. Don’t let your brain get stuck in that moment; focus on the relief that is on the horizon.



Ask for help if you need it

Friends and family can often help - don't be afraid to ask them to have your child for a bit if you need some time out to sort out your own stuff. You can repay them when things get better for you!



Don't struggle alone

If things are getting you down, it's important to recognise this. Talk to someone you trust and see what they think. Many people go on struggling with very difficult situations because they feel they should be able to cope and don't deserve any help.



Take time for yourself

It's easy to say take some time for yourself but in reality this may not feel possible. You might be too busy, exhausted or hard up for exercise or hobbies. But even a night in with a friend, a DVD box set or your favourite dinner can help.



Don't blame yourself

If your child is having problems, don't be too hard on yourself or blame yourself. Although it can be upsetting and worrying if your child is having a bad time, and it makes your relationship with them feel more stressful, you are not a bad parent. Children often take it out on those closest to them, so you might be feeling the effect of their very powerful emotions.



You're doing everything you can

If you had a difficult time growing up yourself, or have had emotional problems or mental health problems, it can be very worrying to think that the same thing might happen to your child. But the love and care you show them and the fact that you are trying to help will protect against this. Getting help for them and perhaps for yourself too can give them the best chance of feeling better.



Speak to your GP if you're struggling to cope

Go to your GP if things are really getting on top of you. Asking for some support from your doctor or a referral to a counselling service is a sign of strength. You can't help your child if you are not being supported yourself. Some people worry their parenting will be judged and their children will be taken away if they admit they are struggling to cope. This should only happen if a child is being abused or neglected and the role of professionals is to support you to look after your child as well as you can.

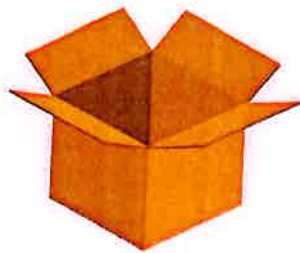
Self soothe box

A self soothe box is a box that contains items that can distract and ground you when you're feeling worried or stressed. Find a box, and fill it with things that make you feel calm and safe. When you feel worried or upset, you can turn to your box for ideas to help.

Activities—a colouring book with a selection of coloured pencils, your favourite book to read, printable yoga activity cards, your favourite songs to listen to on a music player or CD, a bottle of bubbles.

Memories—a photo that makes you smile (e.g. with your best friend or from a family holiday), or another item that brings back good memories (e.g. a pebble or seashells from your favourite beach holiday).

Relax—things that make you feel relaxed and calm, e.g. cards demonstrating deep breathing exercises, calming music, a CD with animal or nature sounds.



Smell—a calming essential oil spray (e.g. lavender), or an clothing item sprayed with your favourite perfume (e.g. the perfume of someone who makes you feel safe).

Positivity cards—create cards or posters with your favourite uplifting quotes and phrases that make you feel good and are reassuring, e.g. "I am enough" and "everything will be okay."

Touch—this could be a stress ball or fidget spinner to distract you. Other items could be a teddy to cuddle, a soft blanket to wrap yourself in or lotion to rub into your skin.



GIG
NHS

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



When I feel upset, worried or disappointed I can



Look at my glitter jar



Meet Ollee

Your virtual friend

Stressed about school? Ollee can help with that!
Frustrated by your family? Ollee can help with that too!
Ollee can help with how you are feeling – with advice and ideas to figure things out.

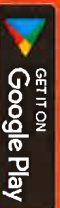
What is Ollee?

Ollee is a digital friend for children aged 8-11. It helps you explore feelings around things like school, family, friends and the world – and share advice with a parent or trusted adult.

You can tell Ollee how you're feeling – happy, sad, worried, confused or something else – and it will give you ideas about what to do. Even if you're not sure, Ollee will help you figure it out.

Ollee also lets you and a parent share advice together. You can do this easily through connected Ollee accounts.

Ollee's ready to talk. Try it out now.



app.ollee.org.uk



What's on your mind?



Meet Ollee – a virtual friend for your child

School, friendships, bullying, the internet...

Some subjects aren't easy for children to talk about.

Ollee helps families have those tricky conversations – and gives children advice and support when they need it.

What is Ollee?

Ollee is a digital friend for children aged 8-11 – created by Parent Zone and funded by BBC Children in Need's A Million & Me initiative. It helps them explore feelings around things like school, family, friends and the world – and share advice with you or another trusted adult.

They can tell Ollee how they're feeling – happy, sad, worried, confused or something else – and it will give them ideas about what to do. Even if they're not sure, Ollee will help them figure it out.

Ollee also helps you and your child share advice and talk about feelings together. You can do this easily through connected Ollee accounts. Parents can also explore the different emotional scenarios their child might be experiencing – with tailored parenting advice.

Ollee's ready to talk. Try it out now.



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