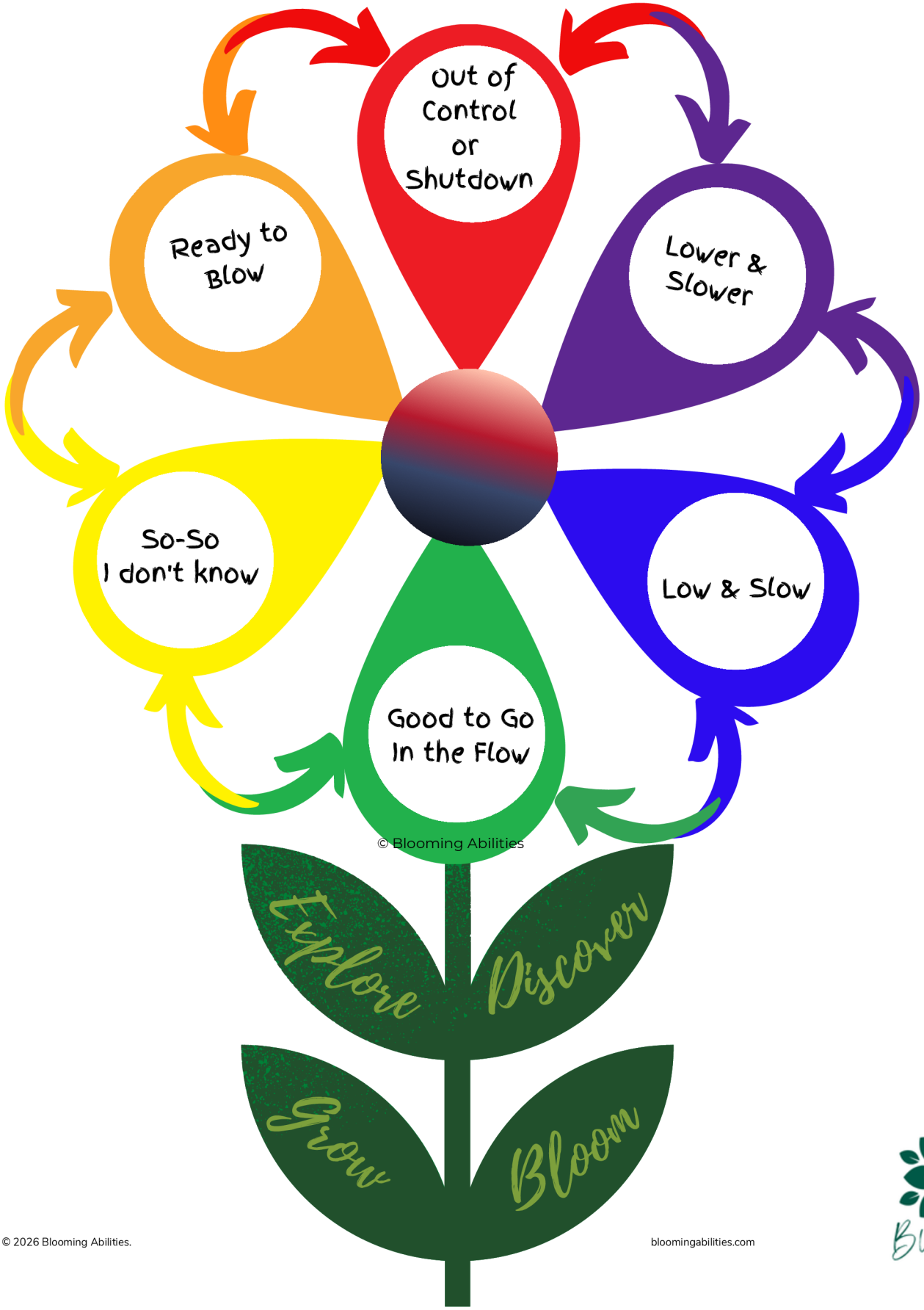
"Flow"er of Emotions



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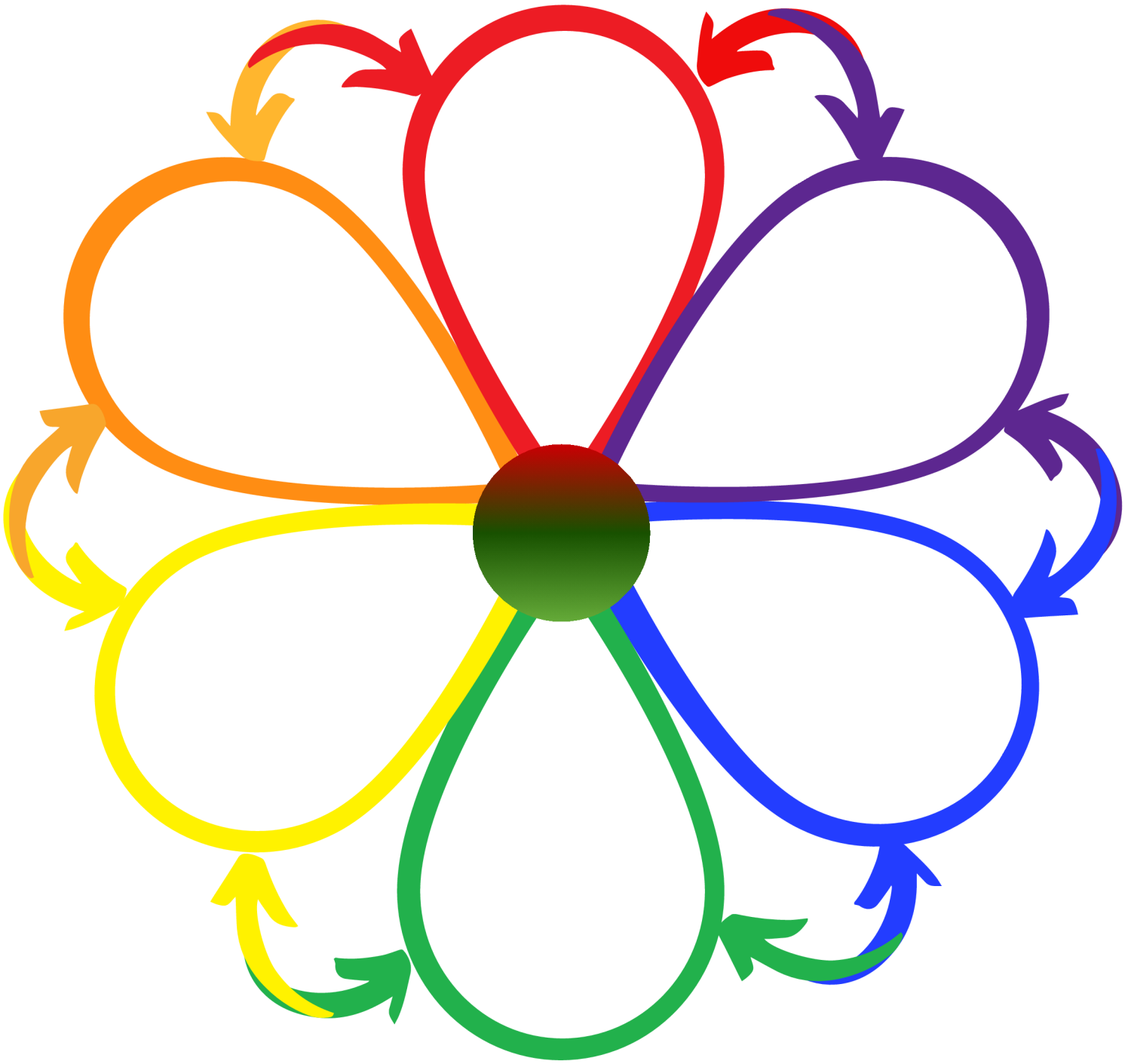
Flow with Feelings: Flower of Emotions



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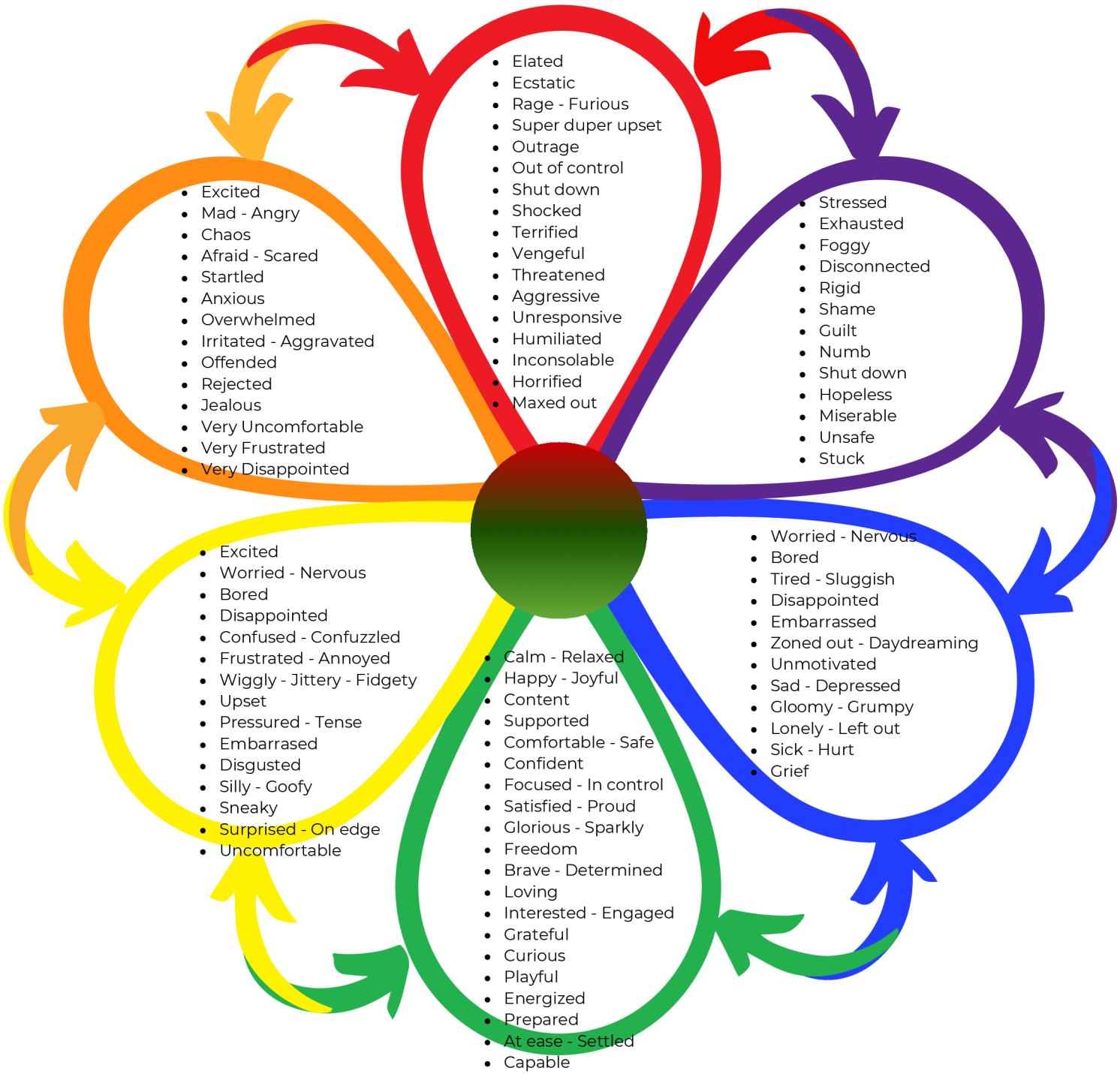
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I Feel...



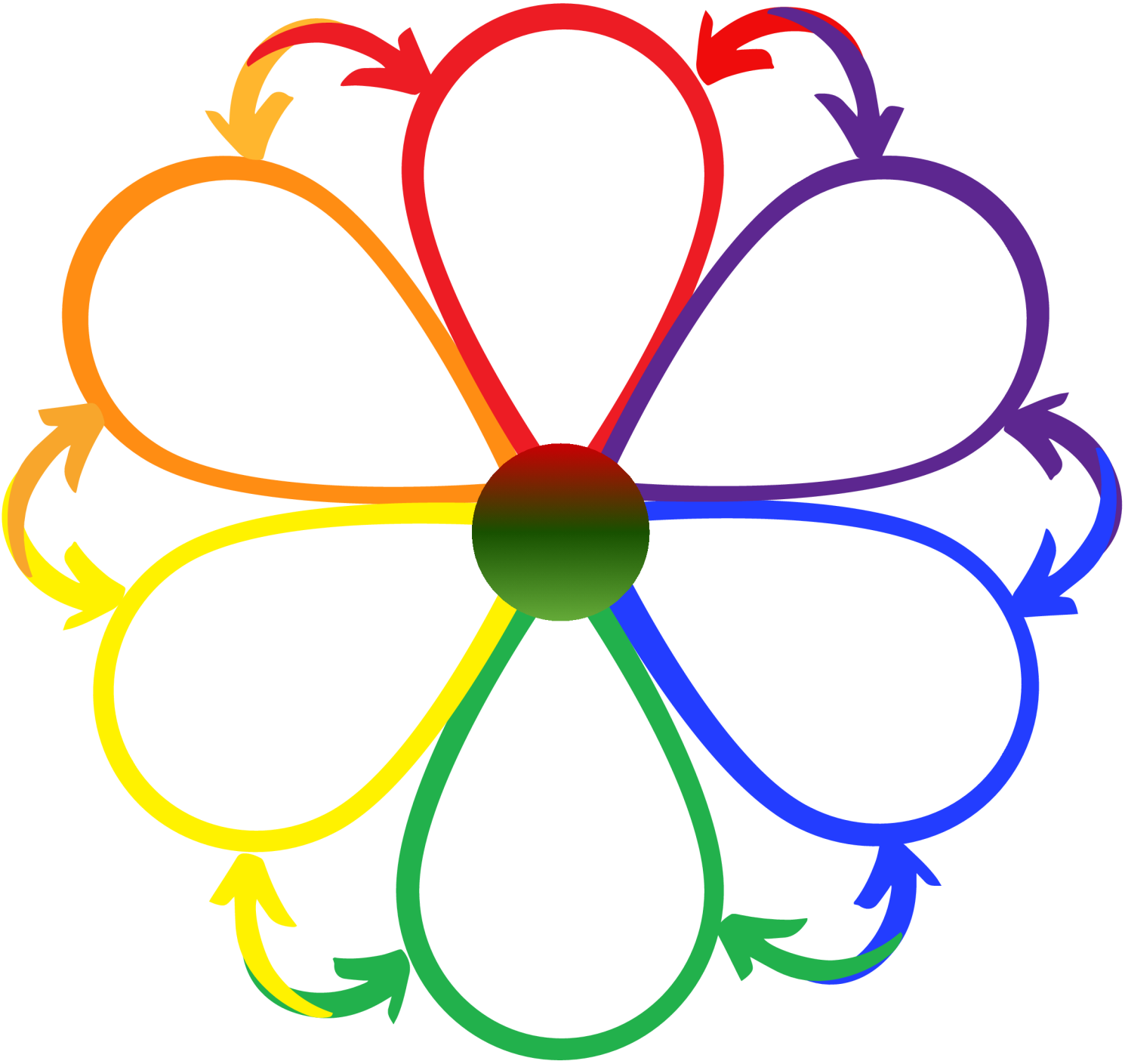
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I Feel...



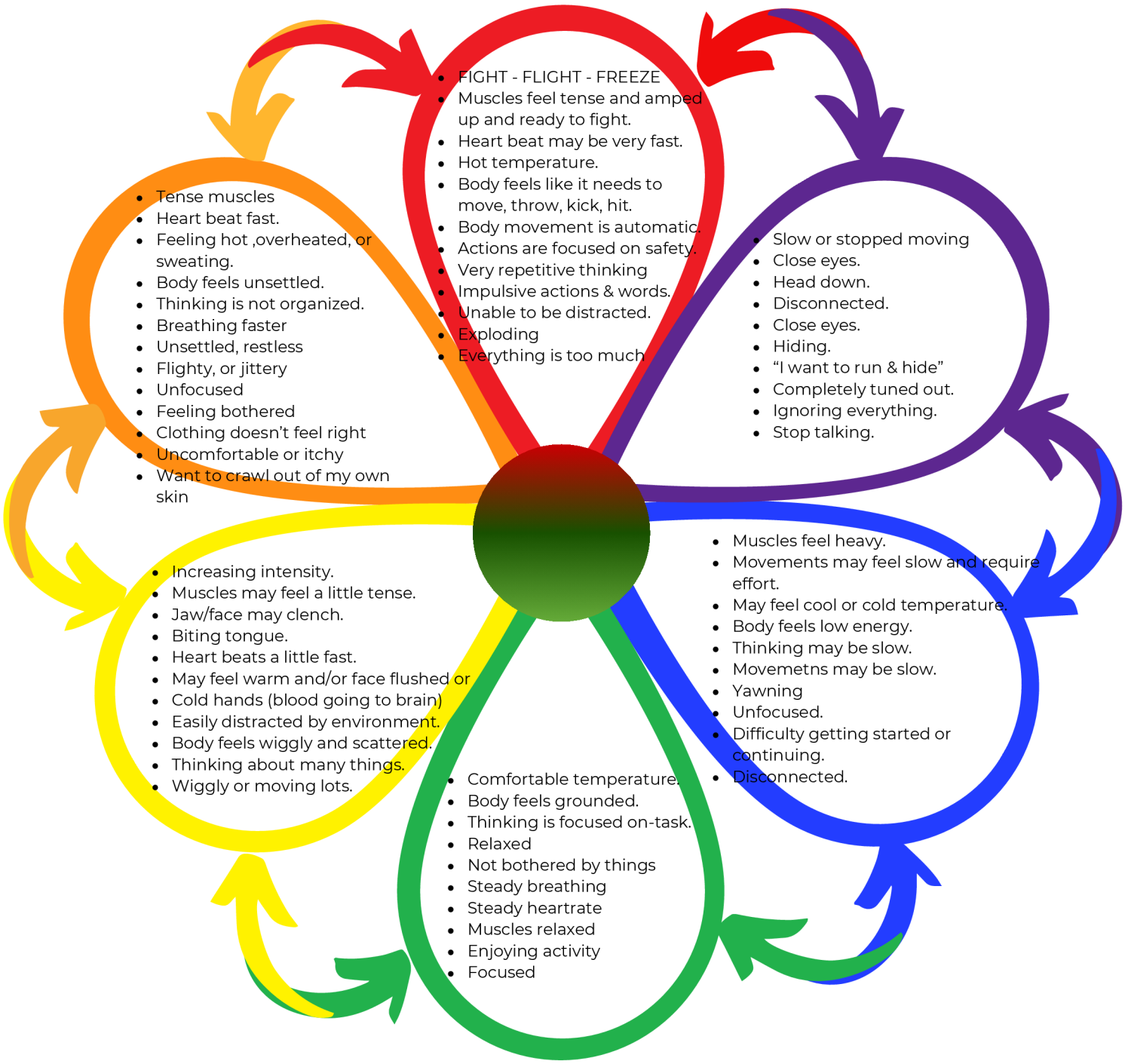
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Feels Like...



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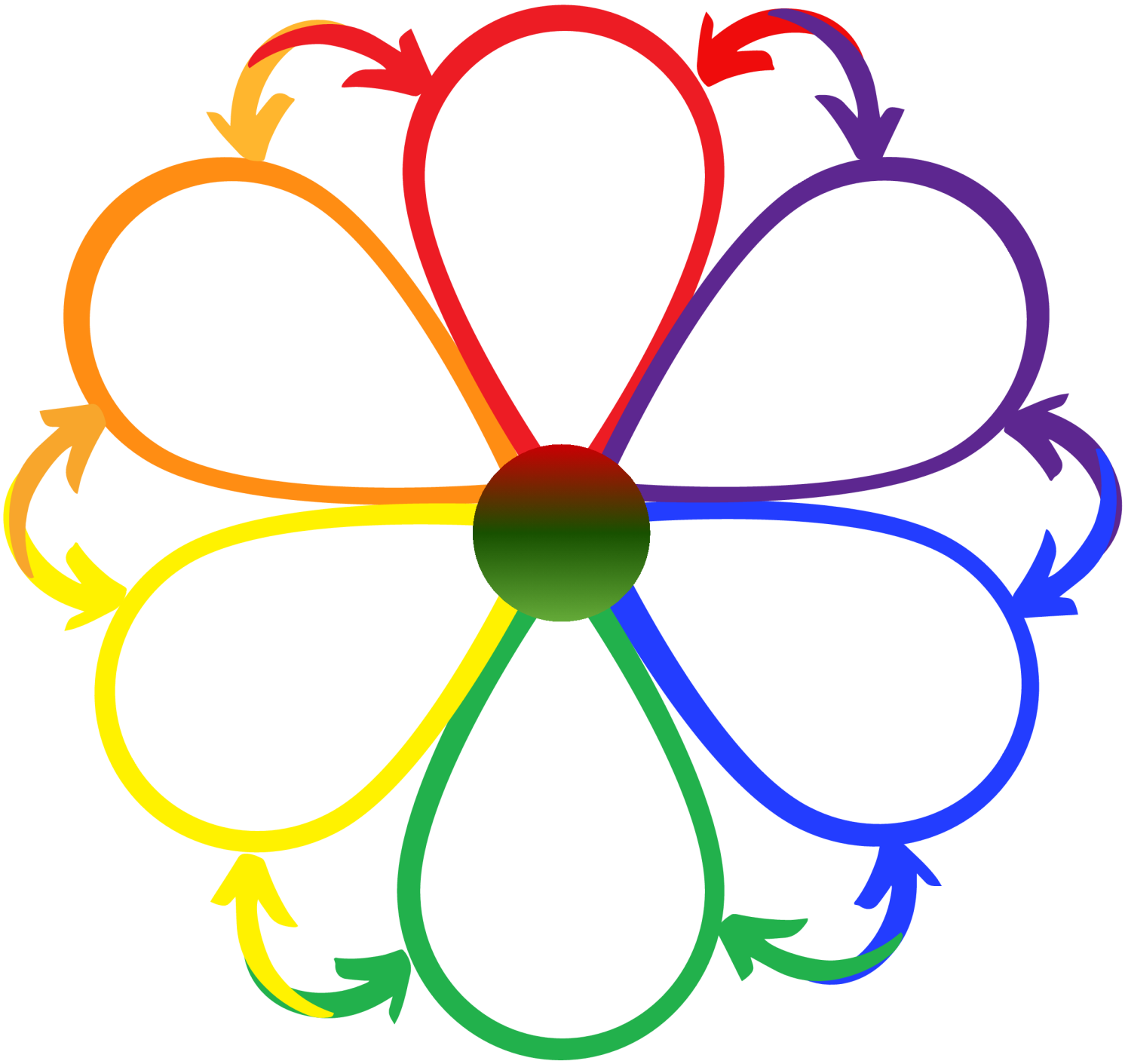
Feels Like...



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I Notice...

(Looks Like / Sounds Like)



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I Notice...

(Looks Like / Sounds Like)

FIGHT. FLIGHT. FREEZE.

- Screaming
- Hitting
- Yelling
- Crying
- Throwing
- Swearing
- Running away (fleeing)
- "You hurt me" - for any light touch
- Throwing body around
- Fists clenched
- Super Impulsive (would run into traffic)
- Would break anything in path
- Frightened
- Meltdown
- Tantrum
- Running away
- OUT OF CONTROL

- Cackle-type of giggle (almost maniacal laugh)
- Instant refusal to any request
- Growl or grunt instead of using words
- Pushing their body into others
- Hides under blankets or under table/desk/chair
- "Go away"
- Leaves space unexpectedly
- Scowl or turns body away from others
- Talks back to others
- Flops body around (or flops on ground), "noodley"
- Defiance/refusal about everything
- Intense & forceful

- Refusal
- Head down, turns head away
- Stops talking
- "I'm a horrible person", "I can't do anything right"
- Rips paper or scribbles
- Hides or runs away
- Staring, closes eyes
- Disconnected.
- Close eyes.
- Negative about everything, "NO"
- Whines or complains, or "It's too hard", "I can't"

- Randomly and repetitively saying one word, e.g. "pizza"
- Getting up and out of seat almost constantly
- Interested in their topic of conversation only
- Startled easily
- "It's too hard" or "It's too easy / boring"
- Takes a long time to do things
- Needs help to complete tasks they can often do independently
- Restless, wiggly, fidgety, constantly moving
- Wandering
- Talks louder and more "forceful"
- Asking questions (for reassurance) - could be repeatedly
- Asks for/seeks out hugs
- Leaning on walls/others (for extra support)
- Bumping into others or poking/touching others
- Making lots of noises
- Distracted
- Refusal

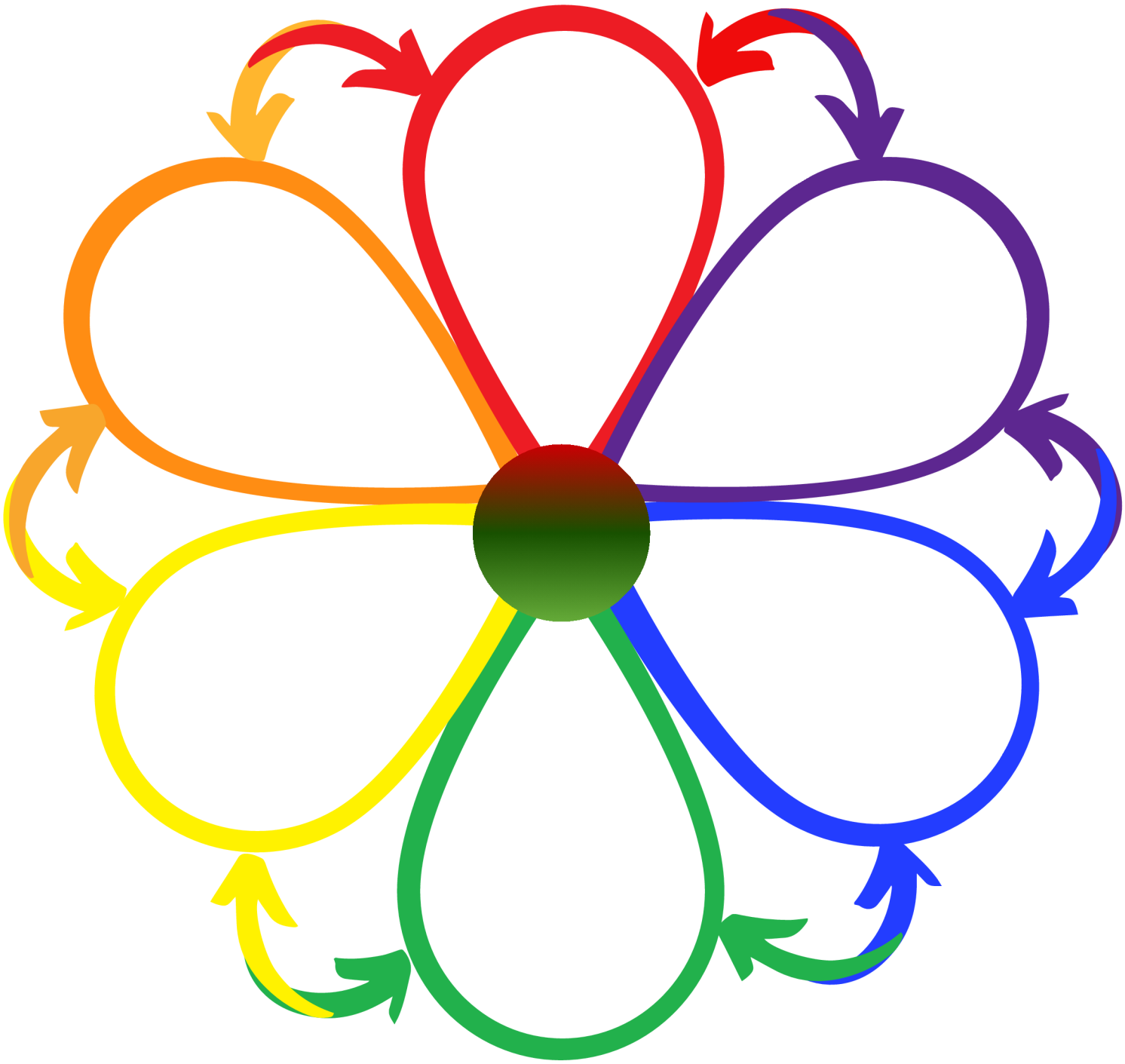
- Zoned out
- Daydreaming
- Slow to complete anything & everything
- Doesn't seem to hear what I say
- Needs help to complete tasks they can often do independently
- Needs/wants constant hugs & reassurance
- Unable to make decisions of any kind
- "I don't want to..."
- Tears (everything is too hard)
- Blank stares / glazed look / staring into space
- Leaning on walls or furniture
- ·Touching everything & everyone
- Head on desk or leaning on arm / desk (can also be a disengaging – yellow)
- Clumsy, less body awareness, slumped shoulders
- Needs lots of encouragement
- Refusal

- Doing one thing at a time
- Body is moving just a little
- Play or work independently
- Having fun
- Smiling
- Engaged and interested
- Asks questions on topic
- Has empathy for others
- Thoughtful
- Curious
- Creative
- Using words
- Speaks calmly
- Gentle laughter
- Pleasant to others
- Skip in step
- Positive words
- Kind actions
- Plays with others
- Gets work done quickly and efficiently
- Uses manners
- Playful
- Flexible

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What I Might be Doing

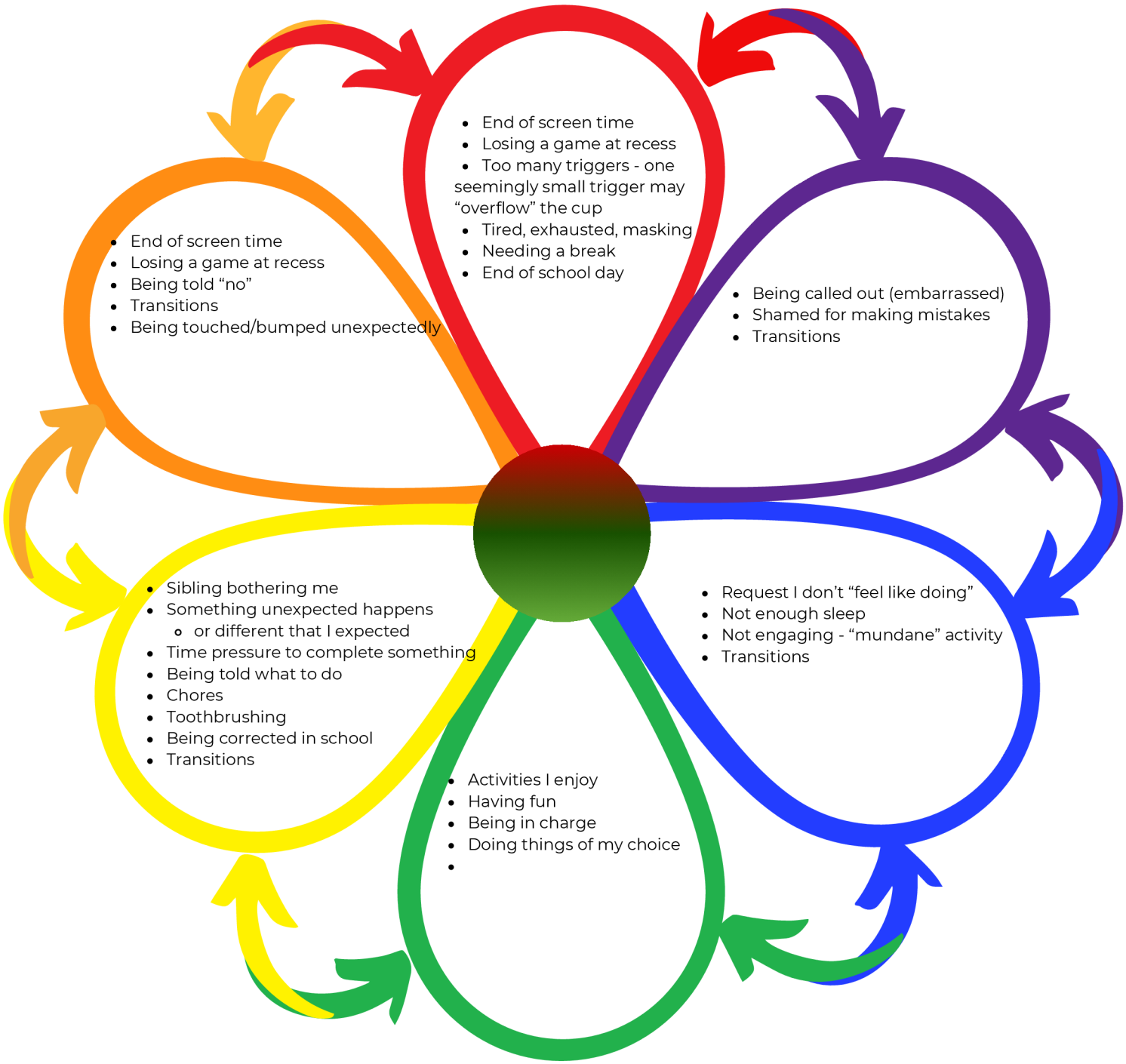
(When & Where - Environment, Task, Triggers, Etc...)



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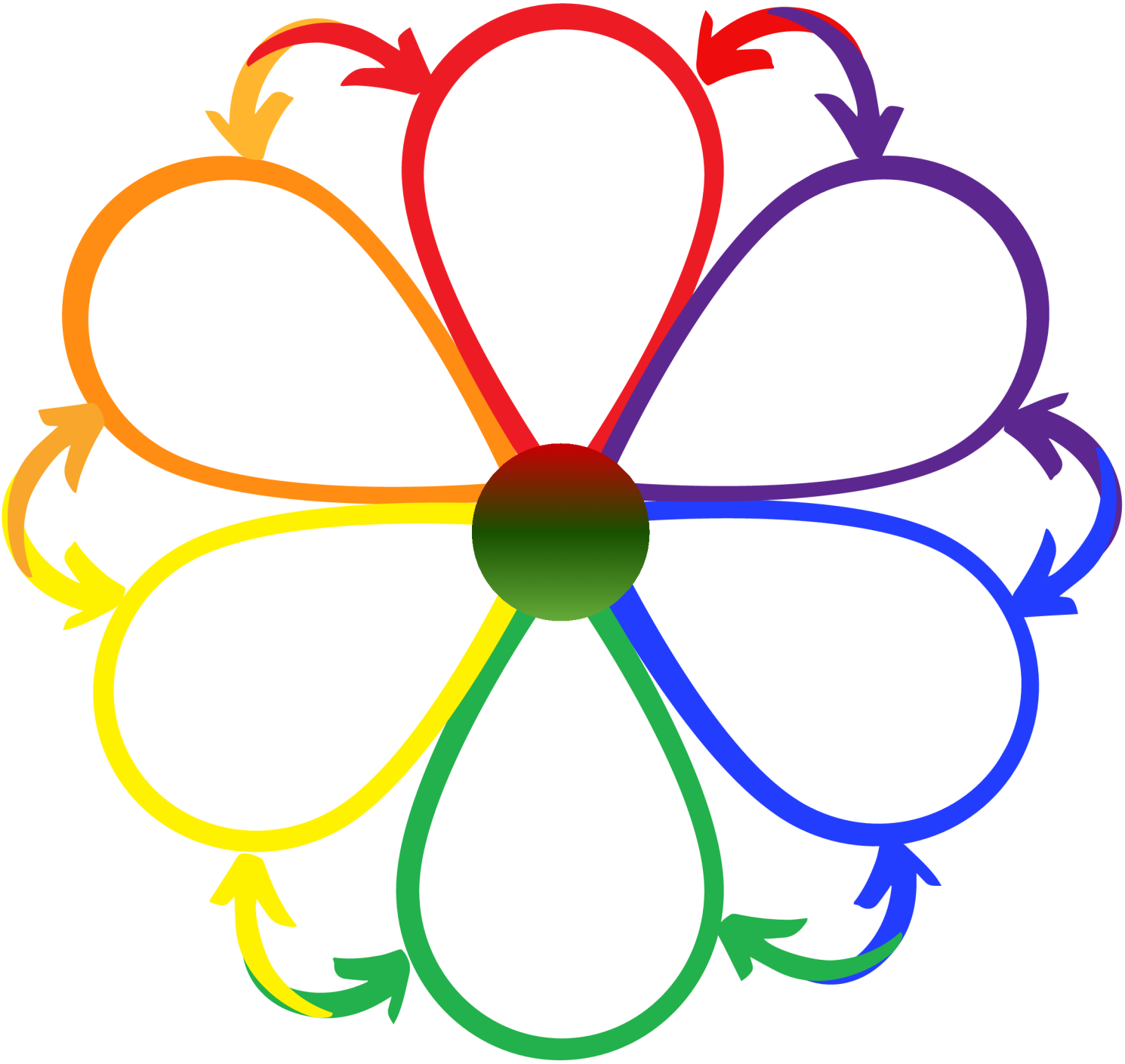
What I Might be Doing

(When & Where - Environment, Task, Triggers, Etc.)



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What Might Help...



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What Might Help...

GOAL/FOCUS: REGULATE (let go to feel safer)

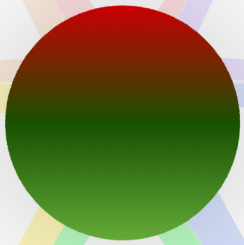
- reduce expectations
- pause & make a change
- minimal talking (not talking)
- maintain calm (do YOUR breathing)
- “cool off” - ice pack, ice to eat or play or throw
- retreat space for dignity
- cognitive fidgets
- visuals - lava lamp, water dropper
- intense physical release (e.g. exercise bike, trampoline, burpees, skipping rope, medicine ball, push-ups)
- movement that is structured, rhythmic, slower
- draw / scribble - release to regulate
- meet their intensity & anguish "You are mad", "It's not fair", "You want ____!" and slowly start to decrease intensity

GOAL/FOCUS: RELEASE SAFELY

- allow safe release of emotions
- protect and keep safe
- create space (retreat)
- minimal talking (or no talking)
- safe adult close but not threatening (open posture)
- model breathing and regulation
- follow safety plan
- support out of survival mode

GOAL/FOCUS: REGULATE (to feel safer)

- rest / retreat - allow space
  - tent
  - bath
- provide comfort, nurutre, care & nourish
  - soft, cozy blanket, stuffy
  - quiet or music / podcast
  - snack or warm drink
- reduce stressors or distraction
  - tent or less in environment
- less verbal (talking)
- reduce stimulation & demands
- grounding (weighted objects)
- safe space (Peapod, hammock)
- rhythm
- colour / draw
- visuals - lava lamp, water dropper
- choices (if they feel powerless)



GOAL/FOCUS: REGULATE & RELATE

- use strategies or tools to support success
- Breath, Body, Brain, Beliefs
- support success - consider capacity
- be alert - is it more lime green or getting to orange? consider if it is possible to push through or decrease expectations?
- offer concrete, simple choices (2 max)
- visual checklists
- take a break - reset and restart
- grounding activities - pretzel, push-ups
- less talking
- reduce triggers / stressor
- pause to make a choice (circuit breaker) - instead of following momentum or habit / pattern
- shake and movement activities that are structured and/or rhythmic
- drink water
- cuddles (pet or safe person)
- stress ball or fidgets for focus

GOAL/FOCUS: REGULATE (rest/nourish OR increase input/stimulation) & RELATE (connect)

- energize (with movement or activity or music)
- upregulating - rev up
- expand interest
- increase intensity (in environment)
- connect
- support for success
- increase engagement (use multiple senses)
- snack
- music / podcast
- break - cognitive shifts

GOAL/FOCUS: REGULATE, RELATE & REASON (Grow & Learn)

- learn, be curious, explore
- problem solve
- tools to maintain - body, breath, brain, beliefs
- nurture & connect
- play & have fun
- engage with interests
- practice & teach
- plan ahead
- stabilizing routines
  - First-Then, Checklists, Visuals
  - Clear expectations & boundaries
  - Positive feedback & encouragement
  - Specific praise
  - Visual timers
  - Consistency
- Teach self-regulation skills - in the times of calm is the best time to introduce, model, plan and practice!

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