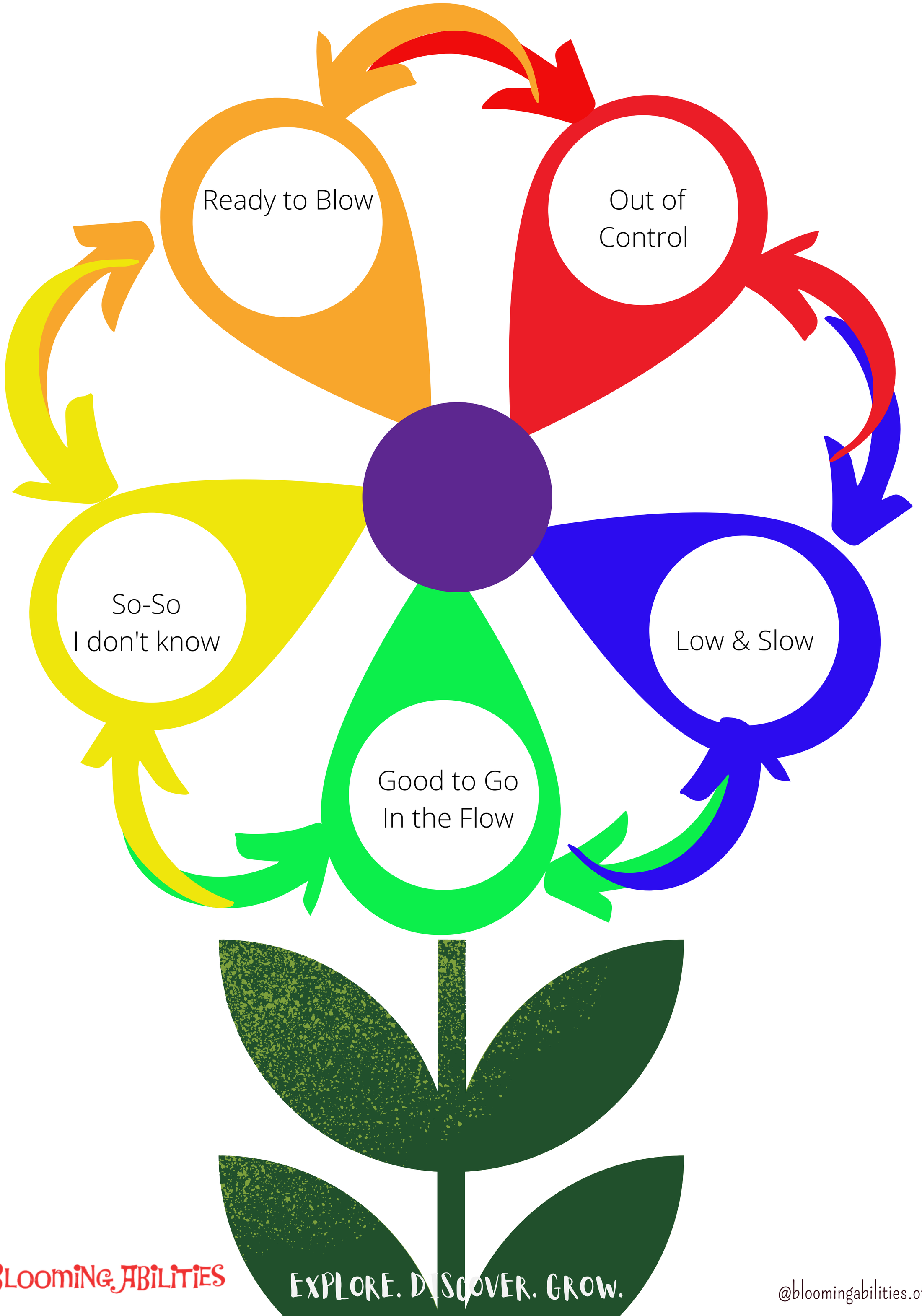
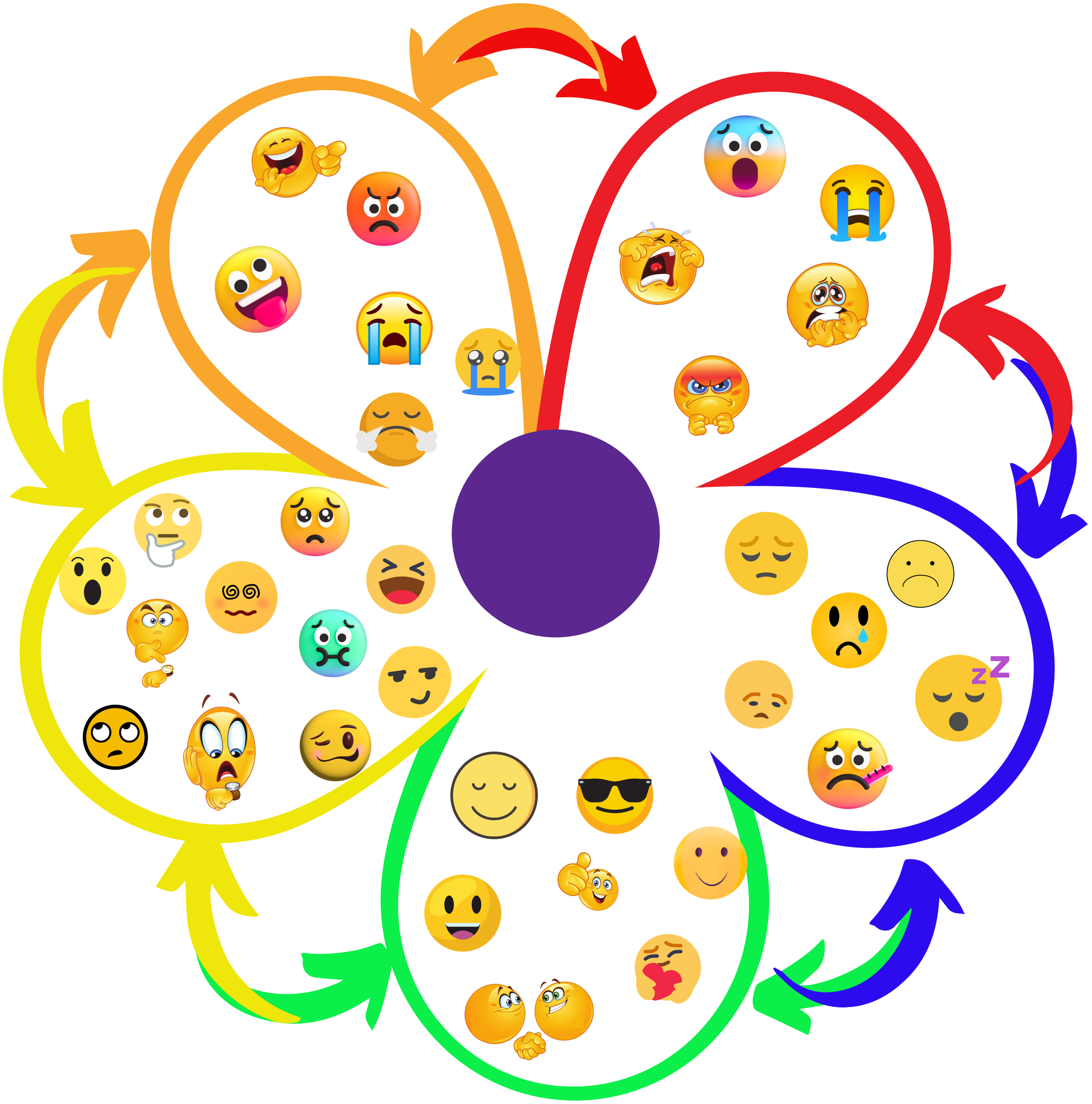


© BLOOMING ABILITIES

I'm Feeling...



©

BLOOMING ABILITIES

EXPLORE. DISCOVER. GROW.

@bloomingabilities.ot

I'm Feeling...



© BLOOMING ABILITIES

EXPLORE. DISCOVER. GROW.

@bloomingabilities.ot

Looks Like/Sounds Like...

Start of FIGHT. FLIGHT. FREEZE.

- 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
- Whines or complains, or "It's too hard", "I can't"
- Negative about everything, "NO"
- Intense & forceful
- "I'm a horrible person", "I can't do anything right"
-

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

- 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 (finds the hardest way 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

- Doing one thing at a time
- Body is moving just a little
- Plays or works 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
-

- Distracted by EVERYTHING
- 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
-

© BLOOMING ABILITIES

EXPLORE. DISCOVER. GROW.

Feels Like....

- Muscles need to move.
- Tense muscles
- Heart beat fast.
- Feeling hot or overheated.
- Body feels unsettled and dysregulated or unsafe.
- Thinking is not organized or focused.
- Breathing faster
- Unsettled, restless
- ·Flighty, ·Jittery
- ·Unfocused
- Feeling bothered
- Clothing doesn't feel right
- Uncomfortable or itchy
- Want to crawl out of my own skin
-

- Muscles feel tense and amped up and ready to fight.
- Heart beat may be very fast.
- Hot temperature.
- Body feels like it needs to move, kick, hit.
- Body movement is automatic.
- Actions are focused on safety.
- Very repetitive thinking and actions.
- Alert and hyper-focused on fight/flight/freeze - unable to be distracted.
- Exploding
- World is exploding
- Everything is too much
- I can't take it
-

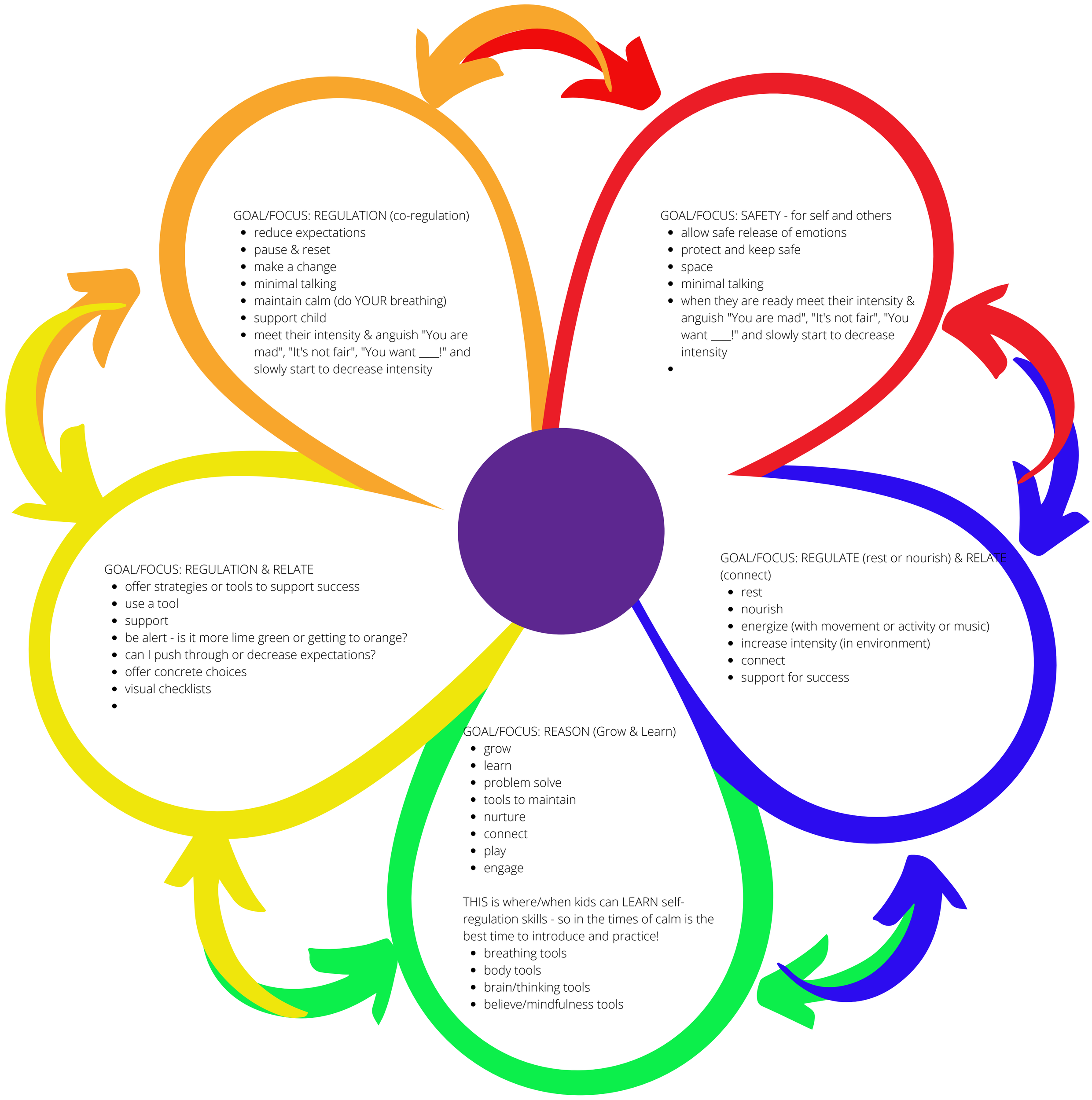
- Muscles may feel a little tense.
- Jaw/face may clench.
- Biting tongue
- Heart beats a little fast.
- May feel warm and/or face flushed or
- Cold hands (blood going to brain)
- Easily distracted by environment (e.g. squirrel)
- Body feels wiggly and scattered.
- Thinking about many things.
-

- Muscles feel heavy.
- Movements may feel slow and require effort.
- May feel cool or cold temperature.
- Body feels low energy.
- Thinking may be slow.
- Yawing
- Slow moving.

- Comfortable temperature.
- Body feels grounded.
- Thinking is focused on-task.
- Calm
- Relaxed
- Not bothered by things around them
- Steady breathing
- Steady heartrate
- Muscles relaxed
-

©

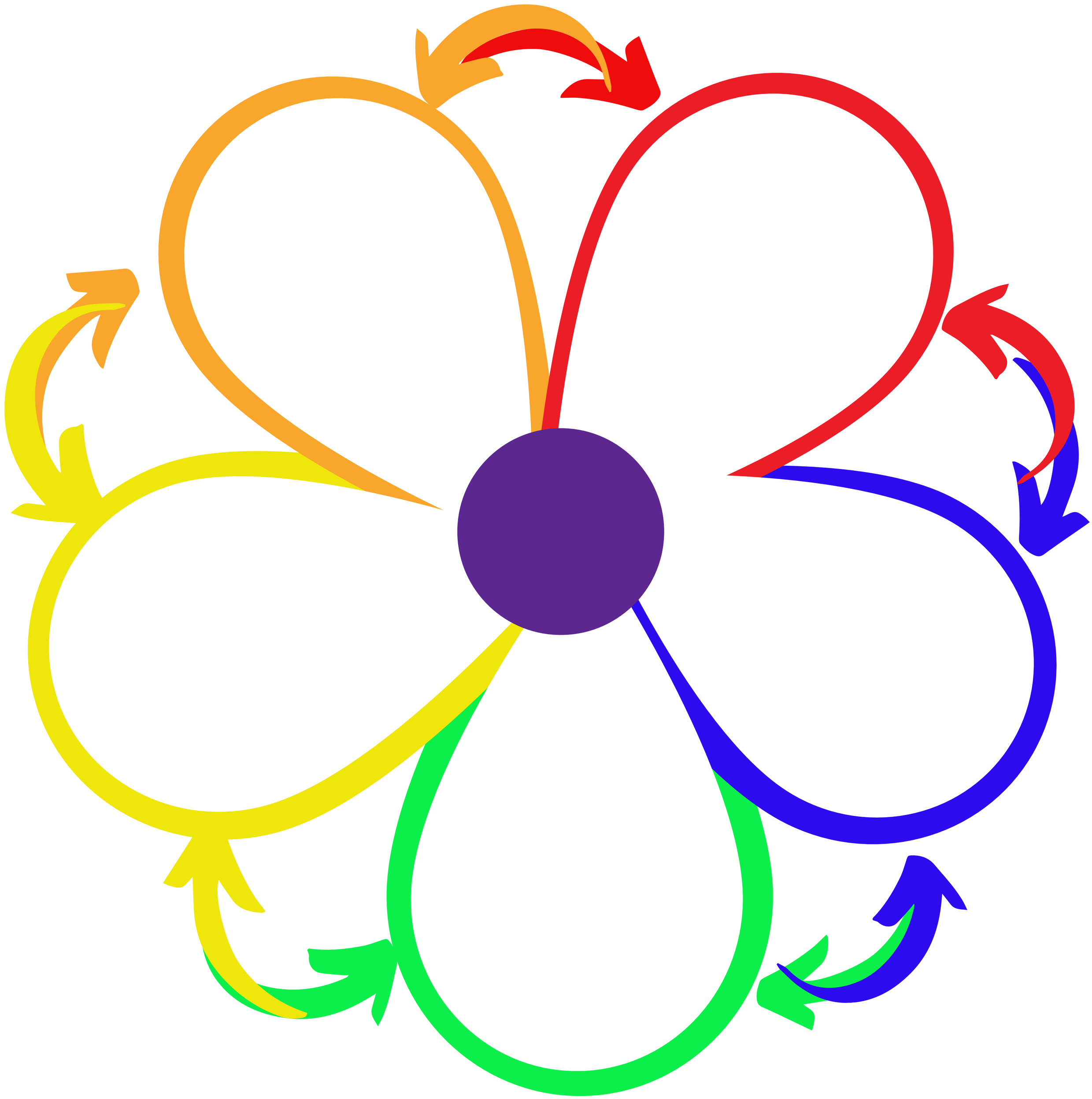
What Helps me...



© BLOOMING ABILITIES

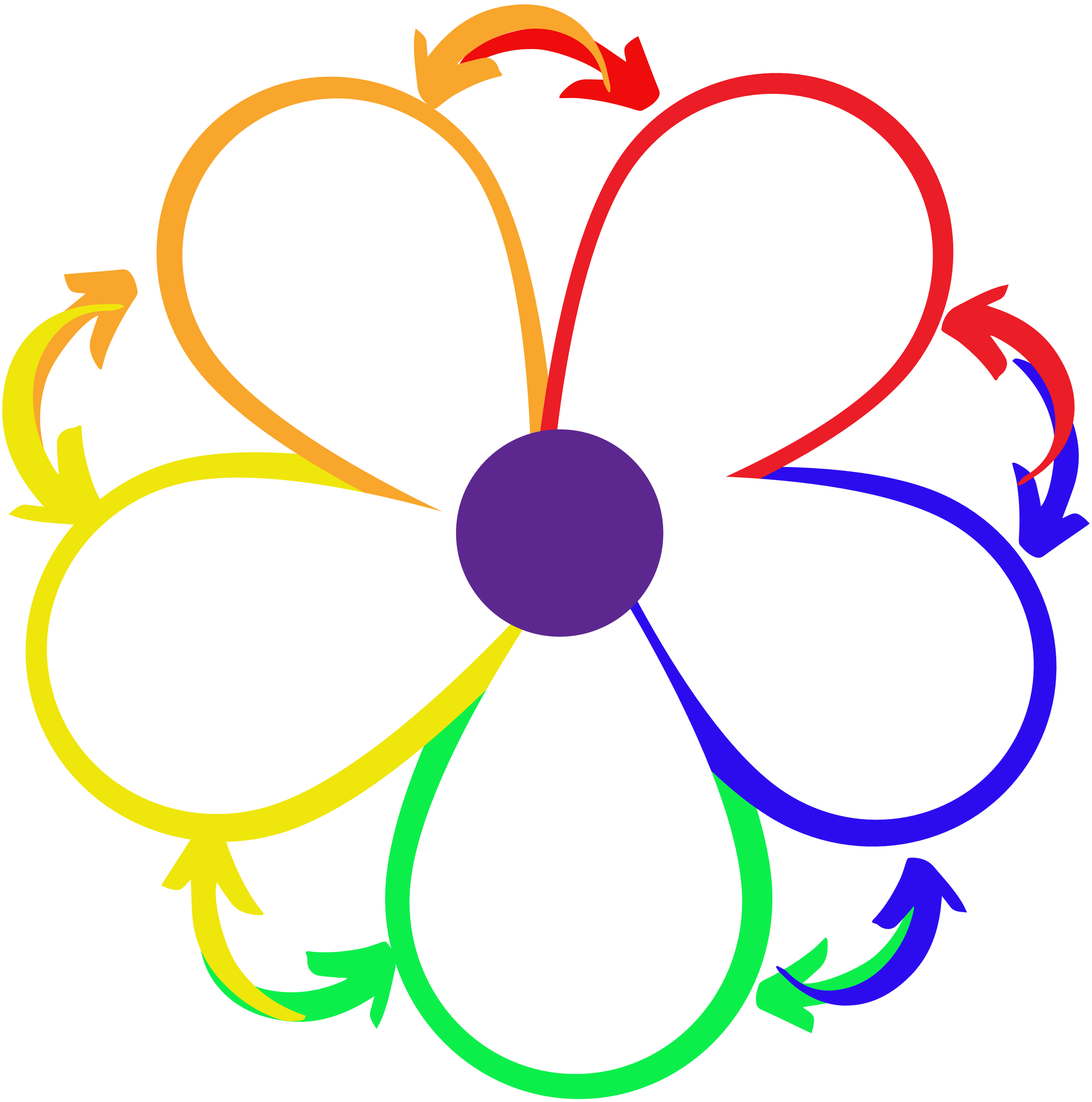
EXPLORE. DISCOVER. GROW.

I Feel...



©

Feels Like...



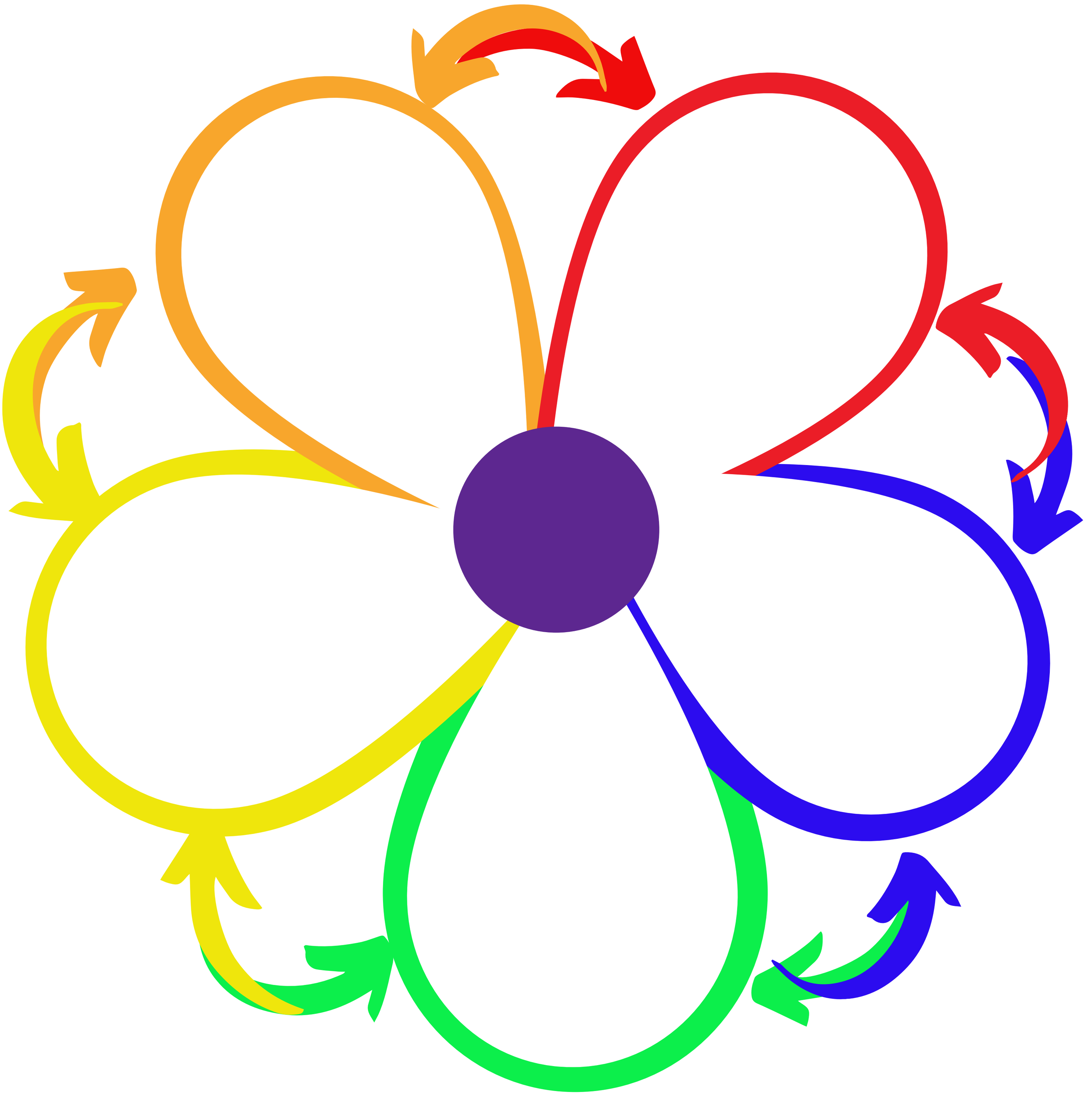
©

BLOOMING ABILITIES

EXPLORE. DISCOVER. GROW.

@bloomingabilities.ot

Looks Like/Sounds Like...



© BLOOMING ABILITIES

what Helps me...

